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2006

ste of Unalaska

Dutch Harbor, Alaska



# *Appetizers, Beverages*





# FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

| FOOD                                               | 25<br>SERVINGS                    | 50<br>SERVINGS                   | 100<br>SERVINGS                  |
|----------------------------------------------------|-----------------------------------|----------------------------------|----------------------------------|
| Rolls                                              | 4 doz.                            | 8 doz.                           | 16 doz.                          |
| Bread                                              | 50 slices or<br>3 1-lb. loaves    | 100 slices or<br>6 1-lb. loaves  | 200 slices or<br>12 1-lb. loaves |
| Butter                                             | ½ lb.                             | ¾ to 1 lb.                       | 1½ lb.                           |
| Mayonnaise                                         | 1 c.                              | 2 to 3 c.                        | 4 to 6 c.                        |
| Mixed filling for sandwiches<br>(meat, eggs, fish) | 1½ qt.                            | 2½ to 3 qt.                      | 5 to 6 qt.                       |
| Mixed filling (sweet-fruit)                        | 1 qt.                             | 1¾ to 2 qt.                      | 2½ to 4 qt.                      |
| Jams & preserves                                   | 1½ lb.                            | 3 lb.                            | 6 lb.                            |
| Crackers                                           | 1½ lb.                            | 3 lb.                            | 6 lb.                            |
| Cheese (2 oz. per serving)                         | 3 lb.                             | 6 lb.                            | 12 lb.                           |
| Soup                                               | 1½ gal.                           | 3 gal.                           | 6 gal.                           |
| Salad dressings                                    | 1 pt.                             | 2½ pt.                           | ½ gal.                           |
| <b>Meat, Poultry, or Fish:</b>                     |                                   |                                  |                                  |
| Wieners (beef)                                     | 6½ lb.                            | 13 lb.                           | 25 lb.                           |
| Hamburger                                          | 9 lb.                             | 18 lb.                           | 35 lb.                           |
| Turkey or chicken                                  | 13 lb.                            | 25 to 35 lb.                     | 50 to 75 lb.                     |
| Fish, large whole (round)                          | 13 lb.                            | 25 lb.                           | 50 lb.                           |
| Fish, fillets or steaks                            | 7½ lb.                            | 15 lb.                           | 30 lb.                           |
| <b>Salads, Casseroles, Vegetables:</b>             |                                   |                                  |                                  |
| Potato salad                                       | 4¼ qt.                            | 2¼ gal.                          | 4½ gal.                          |
| Scalloped potatoes                                 | 4½ qt. or<br>1 12x20" pan         | 8½ qt.                           | 17 qt.                           |
| Mashed potatoes                                    | 9 lb.                             | 18-20 lb.                        | 25-35 lb.                        |
| Spaghetti                                          | 1¼ gal.                           | 2½ gal.                          | 5 gal.                           |
| Baked beans                                        | ¾ gal.                            | 1¼ gal.                          | 2½ gal.                          |
| Jello salad                                        | ¾ gal.                            | 1¼ gal.                          | 2½ gal.                          |
| Canned vegetables                                  | 1 #10 can                         | 2½ #10 cans                      | 4 #10 cans                       |
| <b>Fresh Vegetables:</b>                           |                                   |                                  |                                  |
| Lettuce (for salads)                               | 4 heads                           | 8 heads                          | 15 heads                         |
| Carrots (3 oz. or ½ c.)                            | 6¼ lb.                            | 12½ lb.                          | 25 lb.                           |
| Tomatoes                                           | 3-5 lb.                           | 7-10 lb.                         | 14-20 lb.                        |
| <b>Desserts:</b>                                   |                                   |                                  |                                  |
| Watermelon                                         | 37½ lb.                           | 75 lb.                           | 150 lb.                          |
| Fruit cup (½ c. per serving)                       | 3 qt.                             | 6 qt.                            | 12 qt.                           |
| Cake                                               | 1 10x12" sheet<br>cake            | 1 12x20" sheet<br>cake           | 2 12x20" sheet<br>cakes          |
| Whipping cream                                     | 1½ 10" layer cakes<br>¾ pt.       | 3 10" layer cakes<br>1½ to 2 pt. | 6 10" layer cakes<br>3 pt.       |
| <b>Ice Cream:</b>                                  |                                   |                                  |                                  |
| Brick                                              | 3¼ qt.                            | 6½ qt.                           | 12½ qt.                          |
| Bulk                                               | 2¼ qt.                            | 4½ qt. or 1¼ gal.                | 9 qt. or 2½ gal.                 |
| <b>Beverages:</b>                                  |                                   |                                  |                                  |
| Coffee                                             | ½ lb. and 1½ gal.<br>water        | 1 lb. and 3 gal.<br>water        | 2 lb. and 6 gal.<br>water        |
| Tea                                                | ½ lb. and 1½ gal.<br>water        | ½ lb. and 3 gal.<br>water        | ½ lb. and 6 gal.<br>water        |
| Lemonade                                           | 10 to 15 lemons,<br>1½ gal. water | 20 to 30 lemons,<br>3 gal. water | 40 to 60 lemons,<br>6 gal. water |

## APPETIZERS, BEVERAGES

### CRAB CAKES

Chef Chris Starkenberg  
Gryfalcon Tugboat

1 lb. crabmeat  
1 egg yolk  
2 to 3 Tbsp. Crab Volute (or  
Best Foods mayonnaise)  
¼ to ½ c. fresh grated bread  
crumbs (see below) or  
Panko bread crumbs

2 to 3 c. bread crumbs for  
breading cakes  
2 c. or as needed good  
quality vegetable oil

In medium-size mixing bowl, combine crabmeat, egg yolk, volute, and ¼ cup bread crumbs. Divide mixture into 8 equal balls and then hand press into patties using bread crumbs until patties are evenly coated, then place in refrigerator for one hour. In a nonstick skillet, heat ¼ inch of vegetable oil to a medium-high heat. Carefully place crab cake in oil and cook until golden brown on both sides, then remove and place on paper towel to drain.

Note: You need to have oil hot enough to brown fairly quick but not smoking.

Fresh Bread Crumbs: 1 or 2 long baguette French bread placed in freezer until frozen. Remove, one at a time, and grate through grater like you would cheese. A Kitchen Aid grater works the best. Place bread crumbs back in freezer until ready to use. You can store extra bread crumbs in freezer for months.

Panko bread crumbs: Is a Japanese style bread crumb that you can get at almost any major grocery store.



## DICK'S BLACK BEAN DIP

Dick Peck

2 (16 oz.) cans Bush's black beans  
1 small can diced green chilies  
1 medium yellow onion  
3 cloves garlic  
Red pepper flakes  
Small container sour cream  
1 lb. sharp Cheddar cheese  
(substitute different cheeses; i.e. Pepper Jack or Swiss for a great variation of tastes)

Salt  
Pepper  
Olive oil  
Fresh cilantro  
Extra large bag tortilla chips

In medium to large-sized saucepan, add olive oil and saute diced onion, garlic, and green chilies. Add  $1\frac{1}{2}$  cans black beans. Let simmer for about 10 minutes; salt and pepper to taste.

Take hand held mixer (motor boat type - Braun and/or potato masher and completely mash and mix all ingredients thoroughly.

Add the cheese (diced or shredded), remaining  $\frac{1}{2}$  can of beans, and red pepper flakes (be careful and add red pepper to taste). Stir and simmer, making sure all the cheese is melted. Take out 2 pie plates or other shallow bowls and pour equal ingredients in containers. Let cool in the refrigerator for at least an hour. Add large dollop of sour cream to center and garnish with chopped cilantro. Place chips in a basket and watch them disappear.

## HOT CRAB AND ARTICHOKE DIP

Joan Flowers

8 oz. cream cheese (room temperature)  
2 c. Best mayonnaise  
8 to 10 oz. Dungeness crab, flaked  
1 large can quartered artichokes, sliced  
 $\frac{1}{2}$  c. onion, diced  
Dash of pepper

$\frac{1}{4}$  tsp. sherry  
 $\frac{1}{4}$  tsp. Tabasco  
2 cloves garlic, minced  
2 Tbsp. green onions, minced  
2 Tbsp. red bell pepper, minced  
2 Tbsp. celery, minced  
3 c. grated Parmesan cheese

Mix cream cheese with mayo until smooth. Do not use mixer; this makes it too airy, then fold in all remaining ingredients. Add cheese

last. Pour into baking dish and bake in a 350° oven for about 15 to 20 minutes until lightly browned on top and bubbling around the edges.

## **HOT CRAB AND ARTICHOKE**

### **DIP**

**Chef Chris Starkenberg**

8 oz. cream cheese  
1 c. Best Foods mayonnaise  
(or 1½ c. Crab volute)  
½ c. Crab Volute (optional)  
1½ Tbsp. ground mustard  
(dried; Coleman's)  
2 Tbsp. diced green onions  
1 Tbsp. diced yellow onion  
½ tsp. crushed red chilis

2 small jars baby marinated  
artichoke hearts, chopped  
and drained  
1½ c. grated Parmesan  
cheese  
1 lb. crabmeat (with juice  
lightly pressed out and  
retain juice for the volute  
sauce)

In mixing bowl, whip up cream cheese until smooth, then add mayonnaise. Mix until blended, then add all other ingredients except crabmeat and artichokes. By hand, fold in crab and artichokes until evenly blended. Transfer to a glass baking dish and top with more grated Parmesan cheese. Bake in oven at 350° for 10 to 15 minutes and then switch to broil and turn the top a light golden brown. Serve with fresh French bread or your favorite crackers.

## **CRAB RANGOON**

**Kay Jones**

¼ lb. crabmeat  
¼ lb. cream cheese  
¼ tsp. A.1. Steak Sauce

⅛ tsp. garlic  
Wonton noodle squares  
1 egg yolk, beaten

Chop crabmeat and blend with cheese and seasonings. Put ½ teaspoon of the mixture in the center of each noodle square and fold over cornerwise. Fry in deep fat until delicately browned. Serve hot. Makes filling for 100 squares.

## **SALMON LOG**

**Lois Hope**

Large (15 oz.) can salmon  
8 oz. cream cheese  
2 Tbsp. onion, chopped  
1 Tbsp. lemon juice  
¼ to ½ tsp. smoke flavoring

Chopped nuts (walnut or  
pecans)  
Parsley, chopped (enough to  
cover log)

Combine all but parsley. Shape in log and roll in parsley. Serve with crackers.



## **SMOKY ALASKA SALMON SPREAD** Maria Turnpaugh

14¾ oz. can Alaska salmon  
8 oz. pkg. light cream cheese  
2 Tbsp. lemon juice  
¼ c. thinly sliced green onions

2 to 3 drops of natural hickory liquid smoke  
Crackers or French bread rounds

Drain and flake salmon; set aside. Beat cream cheese with lemon juice in electric mixer until light and fluffy. Beat in flaked salmon and green onions until thoroughly combined. Season with liquid smoke to taste. Chill several hours before serving to allow flavors to blend. To serve, spread on crackers or French bread rounds. Makes 20 appetizer servings, about 2½ cups.

## **SWISS SEAFOOD BITES**

Vicki Peck

12 oz. crabmeat  
2 Tbsp. chopped onion  
2 c. shredded Swiss cheese

1 c. mayonnaise  
2 tsp. lemon juice  
Party rye slices

Mix and spread on 60 party rye slices and freeze.

To serve: Broil for 3 to 4 minutes or bake at 400° for 10 minutes.

## **WATER CHESTNUT AND BACON APPETIZERS**

Brian De Tar

1 lb. thick sliced bacon  
2 cans whole water chestnuts  
Paprika

Garlic powder  
White pepper  
Cayenne pepper (optional)  
1 box flat toothpicks

Preheat oven to 450°. Cut the bacon into thirds. Wrap each water chestnut with a piece of bacon and insert toothpick to hold the bacon in place. Set on a cookie sheet that's been covered with a sheet of aluminum foil (saves tons on clean-up time). Sprinkle with spices. Place in oven and bake for approximately 20 minutes or until bacon is done to your preference.

## CRESCENT ROLL-UPS

Vicki Peck

6 oz. cream cheese  
½ c. shredded Cheddar  
4 Tbsp. chopped olives  
4 Tbsp. chopped green  
chilies

2 Tbsp. chopped onion  
10 drops of Tabasco  
2 rolls crescent dough

Mix together first six ingredients together. Unroll crescent dough and join triangles to form rectangles by pinching seams. Spread mix onto dough and roll up, starting on wide end (like you would for cinnamon rolls). Freeze, then cut each into 4 pieces. Freeze in Ziploc bag until ready to use, then bake at 400° for 10 minutes.

## SPINACH AND ARTICHOKE DIP

Henri Callewaert

Pastoral Leader, St. Christopher by the Sea Catholic Church,  
Unalaska, AK

1 (14 oz.) can artichoke  
hearts, drained and finely  
chopped

1 (10 oz.) pkg. frozen,  
chopped spinach, thawed  
and drained

¾ c. grated Parmesan cheese

¾ c. light mayo or Miracle  
Whip

½ c. shredded Mozzarella  
cheese

½ tsp. garlic powder (or  
chopped garlic to taste)

Preheat oven to 350°. Mix all ingredients until well blended. Spoon into 9 inch pie plate or small shallow baking dish. Bake for 20 minutes or until heated through. Serve with crackers, assorted cut up vegetables, rye, or French bread. Makes 2¾ cups.

## ARTICHOKE CHILE DIP

Belinda Sunderland

1 (14 oz.) jar artichoke  
hearts, drained and  
chopped

1 c. mayonnaise

½ c. Parmesan, grated

½ c. Romano, grated

1 (8 oz.) can green chiles,  
chopped and drained

1 (4 oz.) jar pimentos,  
chopped

Completely drain (squeeze if you must) all wet ingredients. Chop artichokes in food processor. Mix all ingredients in large bowl. Spray 8 inch square baking pan with nonstick cooking spray. Spread mix into dish. Bake, uncovered, for 20 to 25 minutes or until heated through. Serve with tortilla chips or sliced baguette. Makes 8 to 10 servings.



## PATTY'S CITY HALL SPINACH DIP

Harriet Hope

- |                                 |                              |
|---------------------------------|------------------------------|
| 1 pt. sour cream                | 1 small can water chestnuts, |
| 1 c. mayonnaise                 | chopped                      |
| 1 pkg. Knorr vegetable soup mix | 2 pkg. frozen, thawed,       |
| 1 bunch green onions, chopped   | drained spinach, patted dry  |
|                                 | 1 Tbsp. dill weed            |

Blend all ingredients and refrigerate overnight. Can be served out of hollowed out round loaf or sliced baguette bread.

## BILL HOPE'S PICKLED SALMON

Bill Hope

- |                            |                         |
|----------------------------|-------------------------|
| 8 c. salmon pieces, salted | 3 c. white wine vinegar |
| 1 large onion, sliced      | 4½ c. water             |
| 1 c. pickling spices       | ¾ c. sugar or to taste  |

Soak salted salmon overnight in a large bowl. Add onion slices, pickling spices, vinegar, water, and sugar in layers. Adjust to your choice. Put in Mason jars and seal. Store in cool place.

## BLACK-EYED PEAS FOR GOOD LUCK

Rosie Glorso

- |                                                                                                                                                                             |                                                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 c. black-eyed peas (the dried kind that has been soaked overnight and then cooked and cooled or just use one 15 oz. can black-eyed peas that has been rinsed and drained) | 3 to 5 Tbsp. sofrito (or 2 cloves garlic, peeled and minced, 1 to 2 fresh jalapeno peppers, chopped and seeded, 2 Tbsp. olive oil, 2 Tbsp. cider vinegar, ½ tsp. black pepper) |
| 1 chopped and seeded bell pepper (green, red, yellow, or orange; your choice)                                                                                               | Salt to taste                                                                                                                                                                  |

Optional: Add cubed avocado before serving and stir gently.

Combine all ingredients in a bowl. Cover in an airtight container and chill overnight. Serve as a dip/salsa cruda with tortilla chips or crackers. Refrigerate leftovers for up to 4 days.

## MANGO SALSA

Dory Orr

- 1 large mango, cut lengthwise in half, seeds removed, and chopped (about 1 $\frac{1}{3}$  c.)
- $\frac{1}{4}$  c. finely chopped red onion

- 1 Tbsp. finely chopped fresh or 1 tsp. dried mint leaves
- 1 small jalapeno chili, finely chopped (2 to 3 tsp.)
- 2 Tbsp. lime juice
- $\frac{1}{8}$  tsp. salt

Mix all ingredients in small glass or plastic bowl. Cover and refrigerate until serving.

This is delicious on pork chops or pork roast but works well on other meats.

## UNALASKA CEVECHE

Dory Orr

- 1 lb. halibut (fresh if you can get it)
- Lemon juice
- $\frac{1}{2}$  c. lime juice

- $\frac{1}{2}$  c. chopped green onion tops
- 1 c. chopped tomato
- $\frac{1}{2}$  c. chopped cilantro

Chop halibut (raw) into very fine pieces. Put into a bowl and cover with  $\frac{1}{3}$  cup water and enough lemon juice to cover. Refrigerate overnight, covered, stirring a couple of times. The next day, add tomatoes, green onions, and cilantro. Add  $\frac{1}{2}$  cup lime juice and mix well. Serve with tortilla chips.

## FLINTSTONE DIP

Debbie Sensky

- 2 c. mayo
- 2 c. sour cream
- 2 Tbsp. parsley
- 2 Tbsp. dried, minced onion

- 2 tsp. Beau Monde spice
- 2 pkg. Buddig beef
- 1 bread bowl
- 1 loaf French bread

Cut beef into small squares. In a medium bowl, combine mayo, sour cream, parsley, onion, and Beau Monde and mix well. Refrigerate overnight or at least 4 hours. Hollow out bread bowl, saving the bread for dipping. Cut the loaf of French bread into bite-size pieces. Place bread bowl in middle of platter and arrange bread pieces around it.

## MEXICORN/CHILI DIP

Joan Flowers

- 1 can Mexicorn
- 1 c. mayonnaise
- $\frac{1}{2}$  c. Parmesan cheese

- 1 c. Monterey Jack cheese
- 1 can green chilies, chopped
- 2 to 3 tsp. chopped jalapenos



Mix together and heat in a 350° oven for 20 to 25 minutes. Serve with Fritos, tortilla chips, or crackers.

### RUSSIAN TEA

Belinda Sunderland

2 c. Tang  
1 env. unsweetened  
lemonade  
½ c. sugar

½ c. instant tea  
½ tsp. cinnamon  
¼ tsp. cloves  
½ tsp. nutmeg

Mix all together. Store in airtight container. Use 2 teaspoons mix to 1 cup water or to taste.

### KAHLUA PUNCH

Becky Sheffield

1 oz. instant coffee  
1 qt. boiling water  
1 can Hershey's syrup  
2 qt. milk

1 qt. half & half  
1 c. Kahlua  
½ gal. vanilla ice cream

Mix coffee, water, and Hershey's syrup together and refrigerate at least 6 to 12 hours. Before serving, pour coffee mixture into a punch bowl. Add the other ingredients and mix well.

### MULLED WINE

The Border Family

1 gal. apple cider  
½ gal. cranberry juice  
cocktail  
1 small can frozen orange  
juice concentrate

1 c. brown sugar  
2 tsp. cinnamon  
1 tsp. ground nutmeg  
1 tsp. ground cloves  
1 bottle red wine

Mix all ingredients together in large stock pot and heat on low for one hour before serving.

### HOLIDAY FRUIT PUNCH

The Border Family

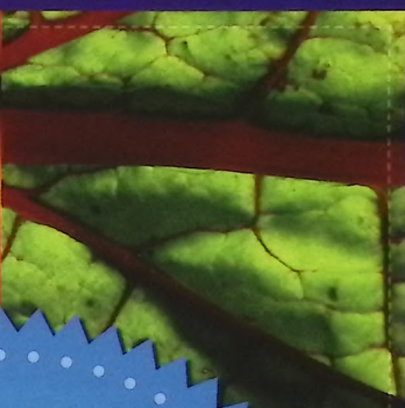
1 (6 oz.) pkg. lime gelatin  
1¼ c. sugar  
3½ c. boiling water  
2 (6 oz.) cans frozen  
lemonade

1 (46 oz.) can pineapple juice  
6 c. cold water  
2 liters ginger ale

Dissolve gelatin and sugar in boiling water. Stir in lemonade, pineapple juice, and cold water. Add ginger ale just before serving.

Punch can be prepared ahead (without ginger ale) and frozen overnight in a fluted pan or round plastic tub. Invert frozen mixture into punch bowl and pour ginger ale over top just prior to serving. Makes 4½ quarts.





# *Soups, Salads*



## A HANDY SPICE AND HERB GUIDE

**ALLSPICE**-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. **USES:** (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

**BASIL**-the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. **USES:** For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

**BAY LEAVES**-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. **USES:** For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

**CARAWAY**-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. **USES:** For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

**CURRY POWDER**-a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. **USES:** For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

**DILL**-the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. **USES:** Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

**MACE**-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. **USES:** (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

**MARJORAM**-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. **USES:** In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

**MSG (MONOSODIUM GLUTAMATE)**-a vegetable protein derivative for raising the effectiveness of natural food flavors. **USES:** Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey, and cooked vegetables.

**OREGANO**-a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. **USES:** An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

**PAPRIKA**-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. **USES:** A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

**POPPY**-the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. **USES:** Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

**ROSEMARY**-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. **USES:** In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

**SAGE**-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. **USES:** For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

**THYME**-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. **USES:** For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

**TURMERIC**-a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. **USES:** As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.



## SOUPS, SALADS

### FIRST PRIZE WINNING HALIBUT, KING CRAB CORN CHOWDER

Linda Ellsworth

- |                                                  |                                           |
|--------------------------------------------------|-------------------------------------------|
| 1 c. butter (½ c. for veggies,<br>½ c. for fish) | 1 tsp. celery seed                        |
| 1 large onion                                    | 2 cans whole kernel corn<br>(not drained) |
| 8 medium potatoes, peeled                        | 1 lb. king crab chunks,<br>marinated      |
| 5 large cloves garlic<br>(approx.)               | 1 lb. halibut chunks,<br>marinated        |
| ½ c. celery                                      | 6 c. water                                |
| 1 tsp. salt                                      | 2 cans evaporated milk                    |
| ½ tsp. pepper                                    |                                           |
| 3 Tbsp. garlic powder                            |                                           |

Marinate: Night before marinate fish with celery seed, dill seasoning, garlic cloves, cracked pepper, salt, pepper rub, or any of your favorite fish seasonings. Saute onion and garlic in ½ cup butter until onion is clear. Add ½ (4) peeled potatoes; saute 2 to 5 minutes. Add corn. Cook for 2 hours. Add water periodically throughout. Add potatoes, garlic seasoning, remaining water, salt, and pepper to taste. Simmer over medium heat 1 hour. Cool. Refrigerate overnight.

Next Day: Saute marinated fish with ½ cup butter and add to soup mixture. Heat thoroughly. Add evaporated milk just before serving. Heat until warmed. Do not let soup come to a boil; it will break.

### SEAFOOD AND SPINACH BISQUE

- Lourdes Gallardo Walsh

- |                                                      |                          |
|------------------------------------------------------|--------------------------|
| ½ c. extracted crabmeat                              | Cornstarch               |
| 1 c. smoked or sauteed bay<br>scallops               | ½ tsp. minced garlic     |
| 12 pieces peeled and lightly<br>sauteed tiger shrimp | 1 tsp. shallots          |
| 2 c. fresh spinach                                   | 1 Tbsp. butter           |
| ½ c. small diced red bell<br>peppers                 | 5 c. seafood stock       |
|                                                      | Salt and pepper to taste |

Saute garlic and shallots in butter until translucent. Add seafood stock and let it simmer. Tighten liquid with cornstarch. Add red peppers, crabmeat, and scallops until heated up. Add heavy cream. Cut off heat and add spinach and shrimp. Stir them into the soup. Serve immediately after seasoning has been adjusted.

heat to medium/high. Add more oil (1 tablespoon). Add cumin. Cook 5 to 6 minutes until thick and dark. Transfer to soup pot and add chicken stock. Have on a medium/high heat and simmer at 20 minutes. Add chicken and poach in broth. Prep remaining items as condiments. Cut up 8 corn tortillas into thin strips. Fry for 1 to 2 minutes (stay by and make sure they don't get dark).

## **SHERRIED BRIE AND MUSHROOM**

### **SOUP**

Shirley Marquardt

2 c. dry sherry  
1½ Tbsp. butter  
1 lb. mushrooms, sliced  
½ c. shallots, minced  
1 Tbsp. fresh lemon juice  
2 Tbsp. flour  
1 qt. beef stock or broth  
(good quality)

1 lb. Brie cheese, trimmed of  
rind and torn into small  
pieces  
1⅓ c. half & half  
½ tsp. pepper  
½ c. snipped chives (for  
garnish)  
Salt and pepper to taste

In small saucepan, boil sherry till reduced to one cup. Reserve. In 4 quart saucepan, melt butter and stir in mushrooms, shallots, and lemon juice. Cook over medium-high, tossing mixture constantly, about 4 minutes. Remove from heat and blend in flour till incorporated. Return to heat and stir in beef stock and reserved sherry. Bring to boil, then reduce and simmer 15 minutes. Add the trimmed Brie, stirring till cheese melts. Add half & half and pepper. Simmer five more minutes. "Do not boil again." Season with salt and pepper and garnish with chives.

## **GINGERED CARROT SOUP**

The Border Family

Preparation Time: 20 to 30 minutes.

2 lb. carrots  
4 c. water  
1 Tbsp. butter or oil  
1½ c. chopped onion  
2 medium cloves garlic,  
minced  
2 Tbsp. freshly grated ginger  
1½ tsp. salt  
¼ tsp. cumin

¼ tsp. ground fennel  
¼ tsp. cinnamon  
¼ tsp. allspice  
¼ tsp. dried mint  
3 to 4 Tbsp. fresh lemon  
juice  
1 c. lightly toasted cashews  
Buttermilk to drizzle on top  
(optional)

Peel and trim carrots and cut them into 1 inch chunks. Place in a medium-large saucepan with the water, cover, and bring to a boil. Lower



heat and simmer until very tender (about 10 to 15 minutes, depending on the size of the carrot pieces). Meanwhile, heat the butter or oil in a small skillet. Add onions and saute over medium heat for about 5 minutes. Add garlic, ginger, salt, and spices. Turn heat to low and continue to saute for another 8 to 10 minutes or until everything is well mingled and the onions are very soft. Stir in lemon juice. Use a food processor or blender to puree everything together (including the cashews). You will need to do this in several batches. Transfer the puree to a kettle and heat gently just before serving. If desired, pass a small pitcher of buttermilk, for individual drizzlings. Yield: 6 to 8 servings.

## **CHILLED APPLE AND PEACH COLD SOUP**

Linda Ellsworth

2 c. Golden Delicious apples,  
peeled and chopped  
1 c. apple juice or cider  
2 c. peaches, peeled (canned  
works well)  
½ c. orange juice  
1 c. plain yogurt (or peach)  
2 c. fresh cream

1 Tbsp. honey  
½ c. dark rum or rum  
flavoring  
Cinnamon to taste  
Nutmeg to taste  
Fresh mint and grated  
nutmeg to garnish

In blender or food processor, puree apples with apple juice until smooth. Separately blend peaches and orange juice until smooth. Combine peach and apple puree, yogurt, cream, honey, and rum. Mix well. Season lightly with cinnamon and nutmeg. Refrigerate well. Serve in chilled glasses or bowls. Garnish.

## **TACO SOUP**

Harriet Hope

Soup:

2 to 3 chicken breasts  
1 lb. ground beef  
1 large can crushed  
tomatoes  
1 medium onion, chopped

1 stalk celery, chopped  
1 clove minced garlic  
1 large can chopped chiles  
1 pkg. taco seasoning  
6 c. chicken stock

### **Toppings:**

**10 tortillas, cut in ½ inch strips**  
**1 cube medium Cheddar cheese, grated**

**Sour cream**  
**Sliced green onions**

Cook tortilla strips in 4 tablespoons oil until brown. Set aside.

In large Dutch oven or pot, boil chicken in 6 cups water; salt and pepper to taste. Brown ground beef, onion, celery, and garlic, then drain. Add taco seasoning. Strain chicken stock and add to beef mixture. Cut chicken into cubes. Add to pot along with chiles. Simmer 30 minutes. Pour into bowls and garnish with crisp tortilla strips, sour cream, shredded cheese, and sliced green onions.

## **POTATO CHEESE SOUP**

**Linda Ellsworth**

**2 lb. (4 medium) potatoes**  
**1 c. chopped celery**  
**¼ c. chopped parsnips (optional)**  
**1 c. chopped onions**  
**1 c. chopped carrots**

**1 qt. chicken stock**  
**¼ tsp. marjoram**  
**½ tsp. salt or seasoned salt**  
**Freshly ground pepper**  
**½ lb. Cheddar cheese, cut in ¼ inch cubes**

Cut the vegetables in 1½ inch pieces and cover with chicken stock. Add the marjoram, salt and pepper to taste, and simmer until the vegetables are cooked. Put all ingredients through the blender. Return to saucepan and adjust seasoning. Bring to boil and add the cheese, cut in cubes. Heat just until the cheese is melted but not thoroughly mixed into the soup. Serves 4.

## **FRENCH ONION SOUP**

**Kay Jones**

**1 lb. 6 oz. peeled onions**  
**3 oz. butter or margarine**  
**1 tsp. ground pepper**  
**1 Tbsp. Spanish paprika**  
**2 bay leaves**

**1½ tsp. salt**  
**½ c. all-purpose flour**  
**1½ qt. beef broth (cubes or canned)**

Cut onions in half and slice with the grain about ⅛ inch thick. Melt butter and add sliced onions. Saute slowly for 20 minutes, stirring frequently. Add paprika, pepper, bay leaves, and flour. Mix well, keeping flame low. Stir while cooking for 5 minutes. Gradually add the hot beef broth while stirring with wooden spoon. Simmer soup, covered, for at least 30 minutes. Taste soup and season with salt. You can add croutons and cheese and put under broiler to melt.



## VERNA LEE'S MINESTRONE SOUP

Joan Flowers

- |                                        |                          |
|----------------------------------------|--------------------------|
| 2 lb. ground meat                      | 6 cans water             |
| 1 large onion                          | 1 tsp. chili powder      |
| 1 can Ranch Style beans                | 1 tsp. garlic            |
| 1 can Ro-Tel tomatoes/green<br>chilies | Salt and pepper to taste |
| 6 cans minestrone soup                 | 1 tsp. Cajun season      |
|                                        | 1/2 tsp. cumin           |

Brown meat and onion together, then add all remaining ingredients and simmer for 1 to 1 1/2 hours.

## CHICKEN SALSA SOUP

Joan Flowers

- |                                                      |                              |
|------------------------------------------------------|------------------------------|
| 1/2 lb. skinless, boneless<br>chicken, cut in strips | 1 to 2 tsp. chili powder     |
| Cumin                                                | 1 (11 oz.) can Mexicali corn |
| Chili powder                                         | 1 c. mild chunky salsa       |
| Oil                                                  | Tortilla chips               |
| 1 3/4 c. water                                       | Monterey Jack cheese         |
| 1 (14.5 oz.) can chicken<br>broth                    |                              |

Sprinkle cut up chicken lightly with cumin and chili powder. In soup pot, quickly brown chicken in a bit of oil. Add water, broth, and chili powder and bring to a boil. Reduce heat and simmer for 8 minutes or until chicken is tender. Add corn. Simmer, uncovered, for 5 minutes. Stir in salsa and heat through. Ladle soup into bowls and top with chips. Sprinkle with cheese and let melt for a minute or two before serving. Makes 4 big bowls.

## BUTTERNUT SQUASH CHOWDER

Dick Peck

- |                                                     |                                                                      |
|-----------------------------------------------------|----------------------------------------------------------------------|
| 1 medium butternut squash<br>(about 1 1/2 to 2 lb.) | 3/4 lb. smoked sausage (such<br>as kielbasa), cut into 1/4<br>inches |
| 2 Tbsp. olive oil                                   | 2 c. fresh or frozen corn                                            |
| Salt and pepper                                     | 1 1/2 c. half & half                                                 |
| 6 to 8 c. chicken stock or<br>broth                 | 1 Tbsp. fresh parsley<br>(optional)                                  |
| 2 1/2 c. onions, chopped                            |                                                                      |
| 1 c. wild rice                                      |                                                                      |

In a saucepan, over medium heat, bring 4 cups chicken stock and 1/2 cup of the chopped onion to a simmer. Stir in rice and cook until rice is tender and the liquid absorbed, about 1 hour, stirring occasionally. Preheat oven to 400°. Season the squash with 1 tablespoon of the oil,

salt, and pepper. Place on a baking sheet and roast for 1 hour. Remove from oven and cool completely. Peel and seed the squash or poke several holes in squash with fork. Place in microwave for about 15 minutes until it's soft. Slice in half, scoop out, and discard seeds and then scoop out the pulp. Season with salt and pepper. In a blender, puree the squash with 2 cups of the chicken stock. Puree until smooth and set aside. In a soup pot, over medium heat, add the remaining tablespoon of oil. When the oil is hot, add the sausage and brown for 3 minutes. Add the remaining 2 cups onion and corn. Season with salt and pepper. Saute for 3 minutes. Add the remaining 6 cups of stock and the squash puree. Bring to boil. Reduce heat to medium-low, cover, and simmer for 20 minutes. Skim off any fat that rises to the surface. Stir in the cooked rice and continue to cook for 10 minutes. Remove from heat. Stir in the cream and season with salt and pepper. Stir in the parsley, if desired. Makes 10 servings.

## **ALASKA SALMON PASTA SALAD**

**Maria Turnpaugh**

**14 $\frac{3}{4}$  oz. can Alaska salmon**  
**8 oz. fusilli or macaroni,**  
**cooked, drained, and**  
**cooled**  
**1 pt. cherry tomatoes, cut in**  
**halves**

**2 c. sliced cucumber**  
**1 c. Mozzarella cheese, cut**  
**into thin strips**  
 **$\frac{1}{2}$  c. chopped parsley**  
 **$\frac{1}{4}$  c. grated Parmesan cheese**  
**Lemon Dressing**

Drain and flake salmon. Toss flaked salmon with remaining ingredients in large serving bowl. Toss with Lemon Dressing and serve. Makes 8 servings.

Lemon Dressing:

**$\frac{3}{4}$  c. olive oil**  
 **$\frac{1}{4}$  c. lemon juice**  
**2 cloves garlic, minced**

**$\frac{1}{2}$  tsp. dill weed**  
 **$\frac{1}{2}$  tsp. grated lemon peel**  
**Black pepper to taste**

Whisk together ingredients until well combined.



## **ALASKA SALMON CAESAR SALAD** Maria Turnpaugh

- |                                                                                                |                                |
|------------------------------------------------------------------------------------------------|--------------------------------|
| <b>14¾ oz. can Alaska salmon</b>                                                               | <b>2 c. cherry tomatoes</b>    |
| <b>1 clove garlic, peeled and<br/>smashed</b>                                                  | <b>Caesar Salad Dressing</b>   |
| <b>1 Tbsp. olive oil</b>                                                                       | <b>1 Tbsp. Parmesan cheese</b> |
| <b>3 c. cubed French bread</b>                                                                 | <b>Black pepper to taste</b>   |
| <b>1 head romaine lettuce,<br/>washed and torn into bite-<br/>sized pieces (approx. 15 c.)</b> |                                |

Drain and flake salmon; set aside. Saute garlic in oil in a medium skillet for 1 to 2 minutes. Remove garlic and stir in cubed bread. Saute five minutes, stirring occasionally, or until golden brown. Remove from heat. In a large bowl, toss lettuce and tomatoes with Caesar Salad Dressing and Parmesan cheese until evenly coated. Gently toss in salmon and croutons. Season with pepper to taste. Makes 6 servings.

Caesar Salad Dressing:

- |                           |                                  |
|---------------------------|----------------------------------|
| <b>⅓ c. olive oil</b>     | <b>2 cloves garlic, pressed</b>  |
| <b>4 tsp. lemon juice</b> | <b>2 anchovy fillets, minced</b> |
| <b>1 Tbsp. mayonnaise</b> | <b>(optional)</b>                |

Whisk together all ingredients until well combined.

## **ALASKA SALMON NICOISE SALAD** Maria Turnpaugh

- |                                               |                                                 |
|-----------------------------------------------|-------------------------------------------------|
| <b>7½ oz. can Alaska salmon</b>               | <b>1 small red pepper, cored<br/>and sliced</b> |
| <b>1 small head butter lettuce</b>            | <b>½ c. thinly sliced red onions</b>            |
| <b>1 c. cooked and cooled green<br/>beans</b> | <b>Classic Vinaigrette</b>                      |
| <b>1 large tomato, cut into<br/>wedges</b>    |                                                 |

Drain and flake salmon; set aside. Wash and dry lettuce; arrange leaves on a large serving platter. Toss together beans, tomato wedges, red pepper, and red onion slices. Arrange flaked salmon on bean mixture. Drizzle Classic Vinaigrette evenly over salad just before serving. Makes 4 servings.

Classic Vinaigrette:

- |                                   |                               |
|-----------------------------------|-------------------------------|
| <b>3 Tbsp. olive oil</b>          | <b>½ tsp. dry mustard</b>     |
| <b>3 Tbsp. white wine vinegar</b> | <b>1 clove garlic, minced</b> |

Whisk together all ingredients until well combined.

## **FESTIVAL SALAD WITH CILANTRO- LIME VINAIGRETTE**

The Border Family

Salad Ingredients:

3 c. cooked couscous or  
quinoa  
1½ c. cooked black beans  
½ c. dried cranberries  
1 c. yellow squash, chopped  
medium-size

1 c. zucchini, chopped  
medium-size  
1 bunch scallion, chopped  
¼ c. finely chopped parsley

Vinaigrette Ingredients:

Juice of 2 large limes  
¼ c. water  
¼ c. extra virgin olive oil  
2 Tbsp. honey

1 clove garlic, minced  
2 Tbsp. fresh cilantro,  
chopped

Add all salad ingredients (couscous or quinoa, black beans, dried cranberries, yellow squash, zucchini, scallions, and parsley) into a large bowl and mix well.

In a blender, add all vinaigrette ingredients and blend for three minutes until homogeneous. Drizzle over salad mixture, stir well, and chill before serving.

## **CRUNCHY BOK CHOY SALAD**

The Border Family

Dressing:

2 Tbsp. sugar  
3 Tbsp. cider vinegar  
3 Tbsp. low-sodium soy  
sauce

2 tsp. peanut butter  
½ tsp. curry powder  
¼ tsp. crushed red pepper

Salad:

1 (3 oz.) pkg. Ramen noodles  
¼ c. unsalted dry roasted  
peanuts  
3 c. thinly sliced bok choy  
1 c. very thin red bell  
pepper strips

½ c. shredded carrot  
¼ c. diagonally cut green  
onions

To prepare dressing, combine sugar, cider vinegar, soy sauce, peanut butter, curry powder, and crushed red pepper in a large bowl. Stir well with a whisk.



To prepare salad, crumble noodles and discard seasoning packet. Heat a nonstick skillet over medium-high heat. Add peanuts and saute 4 minutes or until browned. Remove from heat. Combine crumbled noodles, peanuts, bok choy, and remaining ingredients in a large bowl. Drizzle dressing over salad; toss gently to coat. Serve immediately.

## **CHRIS' CAESAR DRESSING**

**Chris Starkenberg**  
Chef, Gryfalcon Tugboat

- |                                                    |                                              |
|----------------------------------------------------|----------------------------------------------|
| 1 qt. heavy mayonnaise (or low fat mayonnaise)     | 3 oz. Worcestershire sauce                   |
| 2 Tbsp. marjoram (whole), rubbed between the hands | 1 Tbsp. Dijon mustard                        |
| ¾ c. lemon juice (fresh is best)                   | 1 Tbsp. stone ground Dijon                   |
| ¼ c. red wine vinegar                              | 1 (2 oz.) tube anchovy paste                 |
| 5 oz. grated Parmesan cheese                       | 2½ Tbsp. chopped garlic fine (fresh is best) |

Mix well until well blended and creamy smooth. Refrigerate; it will keep for about 2 weeks. Cut romaine 1x1 inch pieces. Mix with croutons and dressing. Top with a squeeze of lemon and fresh grated Parmesan cheese.

## **GRANDMA'S CRANBERRY SALAD** Sandy Lamoreaux

- |                                      |                           |
|--------------------------------------|---------------------------|
| 1 pkg. ground cranberries            | ½ c. chopped walnuts      |
| 1 c. sugar                           | 1 pkg. small marshmallows |
| 1 medium-sized can crushed pineapple | 1½ c. Cool Whip           |

Stir ingredients together. Fold Cool Whip into mixture. Let stand overnight.

## **CHICKEN WITH GRAPES**

**Henri Callewaert**  
Pastoral Leader, St. Christopher by the Sea Catholic Church,  
Unalaska, AK

- |                                   |                                              |
|-----------------------------------|----------------------------------------------|
| 2 c. cooked, cubed chicken        | ¼ tsp. tarragon                              |
| 1 c. pineapple chunks or pieces   | ⅛ tsp. salt                                  |
| 1 c. green or red seedless grapes | ½ to ¾ c. mayo or Miracle Whip or light mayo |
| ½ c. chopped celery               | 1 Tbsp. lemon juice                          |
|                                   | 1 to 2 c. cashews                            |

Combine first 6 ingredients in large mixing bowl. Whisk together mayo and lemon juice. Pour over chicken mixture and chill 2 hours. Add cashews just before serving mixture on a bed of lettuce. Serves 6.

## **YUMMY WATERMELON SALAD**

**Harriet Hope**

**1 head romaine lettuce,  
chopped**

**½ head iceberg lettuce,  
chopped**

**½ c. oil**

**½ c. rice vinegar**

**3 Tbsp. sugar**

**1 red onion, sliced**

**3 to 4 c. watermelon, cut in  
cubes**

**Dash of water**

**Fruit flavored syrup  
(optional)**

Mix well.

Also can use strawberries, mandarin, or fresh orange.

In a large bowl, add the chopped lettuce, cut up with kitchen shears to make smaller pieces. Add the onion in rings. Add watermelon and toss.

Dressing: ½ cup oil, ½ cup vinegar, 3 tablespoons sugar, dash of water, 1 tablespoon strawberry syrup, optional. Mix well. Toss into salad just before serving.

## **CHAMPAGNE FRUIT SALAD**

**Kay Jones**

**8 oz. cream cheese (room  
temperature)**

**1 (6 oz.) Cool Whip**

**20 oz. can crushed  
pineapple, drained**

**10 oz. frozen sliced  
strawberries (juice and  
all)**

**3 or 4 bananas, sliced**

**½ c. nuts**

Mix together cream cheese and Cool Whip with spoon. Add remaining ingredients and stir. Freeze individually or in bowl. Cupcake paper holders work great.

## **GREEN PEA SALAD**

**Harriet Hope**

**1 pkg. frozen green peas**

**3 green onions, chopped**

**1 small can water chestnuts**

**2 stalks celery**

**½ c. mayonnaise (more if  
needed)**

**Salt, pepper, and celery salt  
to taste**



Put peas in a colander and rinse with hot water. In a bowl, mix remainder of ingredients. Toss with mayonnaise and the peas.

## **SWEET 'N SAUERKRAUT SALAD**

**Harriet Hope  
for Nancy Gross**

- |                                                |                                    |
|------------------------------------------------|------------------------------------|
| 1½ c. sugar                                    | ½ c. chopped celery                |
| ¼ c. oil                                       | ½ c. chopped green pepper          |
| ½ c. cider vinegar                             | 1 (2 oz.) jar pimentos,<br>drained |
| 1 qt. (4 c.) sauerkraut, rinsed<br>and drained | 1 tsp. mustard seed                |
| 1 c. chopped onion                             | 1 tsp. celery seed                 |

In a large bowl, combine sugar, oil, and vinegar. Add remaining ingredients; mix well. Cover and refrigerate overnight or several hours.

## **ORIENTAL CABBAGE SALAD**

**Harriet Hope**

- |                                                 |                                 |
|-------------------------------------------------|---------------------------------|
| 1 medium green cabbage,<br>cut confetti style   | 2 Tbsp. oil                     |
| 2 bunches green onions,<br>chopped              | ¼ c. sesame seeds               |
| 1 pkg. Top Ramen noodles<br>(blue pkg.), broken | ¼ c. sliced almonds             |
|                                                 | Fresh ground pepper to<br>taste |

Brown together oil, almonds, and sesame seeds. Combine cabbage, onions, and noodles. Add browned almonds and seeds.

Dressing: Mix ¼ cup sugar, 1 teaspoon salt, 1 teaspoon pepper, ½ cup rice wine vinegar, ½ cup oil, packet seasoning from noodles, and 1 teaspoon soy sauce until well blended, then toss the salad.

## **BROCCOLI DELIGHT SALAD**

**Vicki Peck**

Toss together:

- |                                             |                                        |
|---------------------------------------------|----------------------------------------|
| 1 large bunch fresh broccoli<br>(4 to 5 c.) | 10 strips bacon, fried and<br>crumbled |
| 1 c. raisins (golden are best)              | 1 c. sunflower seeds                   |
| ¼ c. diced red onion                        |                                        |

Dressing:

- |                    |                 |
|--------------------|-----------------|
| 3 to 4 Tbsp. sugar | 1 Tbsp. vinegar |
| ½ c. mayo          |                 |

Mix broccoli with dressing and serve.

## **KIM'S CRANBERRY SPINACH SALAD**

**Vicki Peck**

Lightly brown  $\frac{3}{4}$  cup slivered almonds in 1 tablespoon butter. Cool.

1 lb. spinach, washed and  
torn into bite-sized pieces

1 c. dried cranberries

Mix in bowl.

2 Tbsp. sesame seeds

$\frac{1}{4}$  tsp. paprika

1 Tbsp. poppy seeds

$\frac{1}{4}$  c. white wine vinegar

$\frac{1}{2}$  c. sugar

$\frac{1}{2}$  c. vegetable oil

2 tsp. minced onion

Whisk together and toss with spinach just before serving.

## **ARTICHOKE CHICKEN SALAD**

**Vicki Peck**

1 pkg. chicken Rice-A-Roni,  
cooked according to pkg.  
directions, then cooled

Green olives, chopped  
(about  $\frac{1}{2}$  to  $\frac{2}{3}$  c.)

4 chicken breast halves,  
cooked and cut into cubes

2 jars marinated artichokes  
(cut up artichokes a bit  
and reserve liquid from 1  
jar)

1 green pepper, chopped

1 bunch green onions,  
chopped

Blend a half cup (or a bit more) of mayonnaise with liquid from artichokes. Mix all together in large bowl.

This is a great "do ahead" salad. It makes a main dish salad with the chicken in it or omit the chicken for a side dish salad.

## **GARBANZO BEAN SALAD**

**Darlene Jeppesen**

2 to 3 cans S&W garbanzo  
beans

2 stalks celery, cut

2 cans quartered artichoke  
hearts

$\frac{1}{2}$  sweet onion, chopped

Cherry tomatoes, cut in  
halves

2 cloves garlic, crushed

1 green pepper, chopped

Cilantro

$\frac{1}{4}$  c. olive oil

1 can black olives, sliced in  
halves

1 Tbsp. crushed red pepper  
flakes (optional)

Combine all ingredients in a bowl and serve. Make sure to drain the garbanzo beans and rinse with water.



## **BOB'S SALAD OLIVIER**

Shirley Marquardt

1 cooked breast of chicken,  
skinned  
3 medium boiled potatoes  
2 small dill pickles, chopped  
1 tsp. Worcestershire sauce  
3 Tbsp. mayo

1 tomato, cut in wedges  
6 to 8 large black olives, cut  
into slices  
2 hard-boiled eggs, cut into  
wedges

Cut potatoes  $\frac{1}{4}$  inch thick. Mix mayo and Worcestershire sauce. Combine gently with potatoes and sliced chicken. Garnish with tomato, olives, and egg.

## **PINEAPPLE CHEESE CASSEROLE**

Harriet Hope  
for Caroline Alleman

$\frac{1}{2}$  c. flour  
 $\frac{1}{2}$  c. sugar  
 $\frac{3}{4}$  lb. Cheddar cheese, grated

1 large can pineapple  
chunks, drained (reserving  
juice)

Combine flour and sugar in saucepan. Stir in reserved pineapple juice (add water if necessary to make 1 cup). Cook over low heat, stirring constantly, until slightly thickened. In casserole dish, combine pineapple and grated cheese. Stir in thickened sauce. Bake for 20 to 25 minutes or until lightly browned on top at 325°. Can be assembled ahead and baked when ready.



# *Vegetables*





## EQUIVALENT CHART

|                                     |                       |                                       |                     |
|-------------------------------------|-----------------------|---------------------------------------|---------------------|
| 3 tsp.....                          | 1 Tbsp.               | ¼ lb. crumbled Bleu cheese.....       | 1 c.                |
| 2 Tbsp.....                         | ⅓ c.                  | 1 lemon.....                          | 3 Tbsp. juice       |
| 4 Tbsp.....                         | ½ c.                  | 1 orange.....                         | ⅓ c. juice          |
| 8 Tbsp.....                         | ½ c.                  | 1 lb. unshelled walnuts.....          | 1½ to 1¾ c. shelled |
| 16 Tbsp.....                        | 1 c.                  | 2 c. fat.....                         | 1 lb.               |
| 5 Tbsp. + 1 tsp.....                | ⅓ c.                  | 1 lb. butter.....                     | 2 c. or 4 sticks    |
| 12 Tbsp.....                        | ¾ c.                  | 2 c. granulated sugar.....            | 1 lb.               |
| 4 oz.....                           | ½ c.                  | 3½-4 c. unsifted powdered sugar.....  | 1 lb.               |
| 8 oz.....                           | 1 c.                  | 2¼ c. packed brown sugar.....         | 1 lb.               |
| 16 oz.....                          | 1 lb.                 | 4 c. sifted flour.....                | 1 lb.               |
| 1 oz.....                           | 2 Tbsp. fat or liquid | 4½ c. cake flour.....                 | 1 lb.               |
| 2 c.....                            | 1 pt.                 | 3½ c. unsifted whole wheat flour..... | 1 lb.               |
| 2 pt.....                           | 1 qt.                 | 4 oz. (1 to 1¼ c.) uncooked           |                     |
| 1 qt.....                           | 4 c.                  | macaroni.....                         | 2¼ c. cooked        |
| ⅝ c.....                            | ½ c. + 2 Tbsp.        | 7 oz. spaghetti.....                  | 4 c. cooked         |
| ⅞ c.....                            | ¾ c. + 2 Tbsp.        | 4 oz. (1½ to 2 c.) uncooked           |                     |
| 1 jigger.....                       | 1½ fl. oz. (3 Tbsp.)  | noodles.....                          | 2 c. cooked         |
| 8 to 10 egg whites.....             | 1 c.                  | 28 saltine crackers.....              | 1 c. crumbs         |
| 12 to 14 egg yolks.....             | 1 c.                  | 4 slices bread.....                   | 1 c. crumbs         |
| 1 c. unwhipped cream.....           | 2 c. whipped          | 14 square graham crackers.....        | 1 c. crumbs         |
| 1 lb. shredded American cheese..... | 4 c.                  | 22 vanilla wafers.....                | 1 c. crumbs         |

## SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat
- 1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour
- 1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour
- 1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour
- 1 teaspoon **baking powder** = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar
- 1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred
- 1 cup **sweet milk** = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda
- ¾ cup **cracker crumbs** = 1 cup bread crumbs
- 1 cup **cream, sour, heavy** = ⅓ cup butter and ⅔ cup milk in any sour milk recipe
- 1 teaspoon **dried herbs** = 1 tablespoon fresh herbs
- 1 cup **whole milk** = ½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
- 2 ounces **compressed yeast** = 3 (¼ ounce) packets of dry yeast
- 1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion
- 1 tablespoon **prepared mustard** = 1 teaspoon dry mustard
- ⅓ teaspoon **garlic powder** = 1 small pressed clove of garlic
- 1 lb. **whole dates** = 1½ cups, pitted and cut
- 3 medium **bananas** = 1 cup mashed
- 3 cups **dry corn flakes** = 1 cup crushed
- 10 **miniature marshmallows** = 1 large marshmallow

## GENERAL OVEN CHART

|                      |                |
|----------------------|----------------|
| Very slow oven.....  | 250° to 300°F. |
| Slow oven.....       | 300° to 325°F. |
| Moderate oven.....   | 325° to 375°F. |
| Medium hot oven..... | 375° to 400°F. |
| Hot oven.....        | 400° to 450°F. |
| Very hot oven.....   | 450° to 500°F. |

## CONTENTS OF CANS

*Of the different sizes of cans used by commercial canners, the most common are:*

| Size:           | Average Contents |
|-----------------|------------------|
| 8 oz.....       | 1 cup            |
| Picnic.....     | 1¼ cups          |
| No. 300.....    | 1¾ cups          |
| No. 1 tall..... | 2 cups           |
| No. 303.....    | 2 cups           |
| No. 2.....      | 2½ cups          |
| No. 2½.....     | 3½ cups          |
| No. 3.....      | 4 cups           |
| No. 10.....     | 12 to 13 cups    |

## VEGETABLES

### GRILLED TOMATOES WITH AIOLI

Shirley Marquardt

**1/3 c. mayo**  
**1 large garlic clove, pressed**  
**or minced**

**3/4 tsp. fresh lemon juice**  
**2 large tomatoes, cut in half**  
**1.5 Tbsp. olive oil**

Whisk mayo, garlic, and lemon juice in small bowl to blend. Set aside. When coals turn white on BBQ, drain mesquite wood chips (if using) and scatter over coals. Brush cut side of tomatoes with oil and place cut side down, grilling covered, until hot, juicy, and tender, about 3 minutes per side. Put tomatoes on plate, season with salt and pepper, and top with Aioli.

### BROCCOLI PUFF

Sandy Lamoreaux

**2 (10 oz.) frozen broccoli**  
**cuts**  
**1 can mushroom soup**  
**1 1/2 c. grated sharp cheese**  
**1/2 c. mayonnaise**

**2 eggs, beaten**  
**1/2 tsp. salt**  
**1/4 tsp. pepper**  
**1/2 tsp. Accent**  
**1/2 c. cracker crumbs**

Cook broccoli; drain. Place in a 10 x 6 x 1 1/2 inch baking dish. Stir together soup and cheese. Add mayonnaise to mixture, stirring until well blended. Combine bread crumbs and melted butter; sprinkle over soup mixture. Bake at 350° for 45 minutes. Serves 6.

### MIXED VEGGIE CASSEROLE

Joan Flowers

**1 large pkg. mixed veggies**  
**1 c. chopped onions**  
**1 c. diced celery**  
**1 can sliced water chestnuts**  
**1 c. Hellmann's (Best)**  
**mayonnaise**

**1 c. shredded Cheddar**  
**cheese**  
**Season to taste**

Mix first 3 ingredients together and cook according to veggie package directions. Add remaining ingredients to cooked mixture. Pour into casserole (sprayed with Pam). Melt 1 stick oleo. Crumble 1 stack Ritz crackers. Brown lightly in skillet. Sprinkle crumbs over veggie mixture. Bake at 350° for 15 to 25 minutes.



## BROCCOLI CASSEROLE

Kay Jones  
from my Aunt Edna

2 (8 oz.) pkg. frozen broccoli  
1 c. real mayonnaise  
1 (8 oz.) pkg. shredded  
Cheddar cheese  
½ c. diced onions

1 (10 oz.) can cream of  
mushroom soup  
Salt and pepper to taste  
1 can Durkee fried onions

Cook broccoli as directed on package. Mix cheese, onions, soup, mayo, salt, and pepper. Pour over broccoli in casserole. Top with onion rings. Bake at 350° for 30 minutes.

You can fix the day before and put in refrigerator, all but onion rings. Put them on when it goes in the oven.

## DAVIS' GREEN BEANS

Becky Sheffield

1 can green beans, drained  
2 Tbsp. margarine

1 tsp. Italian seasoning  
¼ tsp. garlic powder

Melt margarine in saucepan. Add green beans and seasonings. Mix well and heat.

## AUNT EDNA'S CORN CASSEROLE

Kay Jones

1 large cream style corn  
(don't drain)  
1 large whole kernel corn  
(don't drain)

1 stick butter  
8 oz. sour cream  
Small pkg. Jiffy corn meal  
mix

Mix all together and bake for 45 minutes (350° oven).

## CHERYL'S SINFULLY RICH SWEET POTATOES

Harriet Hope

3 c. mashed sweet potatoes  
¾ c. sugar  
2 eggs, beaten  
1 c. evaporated milk

¼ c. butter or margarine  
1 tsp. vanilla  
1 c. brown sugar

Topping:

1 c. brown sugar  
⅓ c. butter or margarine,  
melted

1 c. shredded coconut  
1 c. pecans, chopped

In large bowl, beat potatoes, sugar, eggs, milk,  $\frac{1}{4}$  cup butter or margarine, and vanilla. Pour mixture into greased 2 quart casserole.

Topping: Combine brown sugar,  $\frac{1}{3}$  cup butter or margarine, coconut, and pecans. Mix until crumbly. Sprinkle over potato mixture. Bake at 375° for 30 minutes.

## **GREAT MUSHROOMS**

**Belinda Sunderland**

**4 cloves garlic, minced**  
**2 Tbsp. butter**  
**12 to 14 mushrooms, sliced**  
**2 cubes beef bouillon**

**2 c. water**  
**2 tsp. lime juice**  
**Pinch of cayenne**

Saute garlic in butter in small skillet. Add mushrooms and saute until browned. After the mushrooms are browned, add enough beef liquid (bouillon dissolved in water or canned bouillon) to cover the mushrooms. Cover skillet with lid, bring to full boil, then reduce to slow boil. Add 2 teaspoons lime juice and cayenne. Replace lid. Check often. Reduce by boiling until  $\frac{1}{2}$  the beef liquid is gone and mushrooms are dark brown. Serve hot.

## **CORN SCALLOPS**

**Linda Ellsworth**

**1 (17 oz.) can cream style corn**  
**2 eggs, beaten**  
 **$\frac{1}{2}$  c. crushed soda crackers**  
 **$\frac{1}{4}$  c. melted butter**  
 **$\frac{1}{4}$  c. evaporated milk (undiluted)**  
 **$\frac{1}{4}$  c. finely shredded carrots**  
 **$\frac{1}{4}$  c. chopped green peppers**

**1 Tbsp. chopped celery**  
**1 tsp. onion**  
**6 drops of Tabasco (optional)**  
 **$\frac{1}{2}$  tsp. sugar**  
 **$\frac{1}{2}$  tsp. salt**  
**1 Tbsp. garlic powder**  
 **$\frac{1}{2}$  c. shredded Cheddar cheese**

Combine all ingredients, except cheese, mix, and turn into casserole dish. Top with cheese. Sprinkle with paprika. Bake at 350° for 30 minutes.

## **BROCCOLI SOUFFLE**

**Belinda Sunderland**

**2 c. broccoli**  
 **$\frac{1}{4}$  c. butter**  
 **$\frac{1}{4}$  c. all-purpose flour**  
**1 c. milk**

**1 c. shredded Cheddar cheese**  
**4 eggs**



Preheat oven to 350°F. Prepare and cook broccoli till tender. Drain well. Chop finely. In a saucepan, melt butter; stir in flour and ½ teaspoon salt. Add milk. Cook and stir till thickened and bubbly. Cook and stir 1 to 2 minutes more. Stir in cheese till melted. Remove from heat. Stir in broccoli. Separate eggs. Beat yolks till thick and lemon-colored; slowly stir in hot mixture. Wash beaters. Beat egg whites till stiff peaks form; fold into vegetable mixture. Turn into an ungreased 2 quart souffle dish. Bake in a 350°F. oven for 35 to 40 minutes or till a knife inserted near center comes out clean. Serve at once. Serves 6.

## **EASY POTATOES**

**Joni Scott**

**2 lb. frozen hash browns,  
thawed  
½ c. melted butter  
1 can cream of mushroom  
soup**

**1 can cream of chicken soup  
4 oz. shredded sharp  
Cheddar cheese  
1 small chopped onion  
1 small sour cream**

Mix butter, soups, and cheese together until smooth. Add onion and sour cream and mix. Finally, add the hash browns. Add salt and pepper for flavor. Bake at 350° for ½ hour, covered with foil, then for ½ hour, uncovered.

## **SZECHUAN CUCUMBERS**

**Erin Enlow**

**¼ c. chopped peanuts  
½ c. rice vinegar  
4 tsp. reduced-sodium soy  
sauce  
1 Tbsp. sugar  
1 serrano chile or jalapeno  
pepper, minced  
1 tsp. minced fresh ginger**

**¼ tsp. freshly ground black  
pepper  
2 medium cucumbers  
1 small red onion, thinly  
sliced  
1 to 2 Tbsp. chopped fresh  
cilantro**

In a small, dry skillet, toast peanuts over medium heat, stirring constantly, until fragrant and starting to brown, 4 to 6 minutes. Set aside.

In a medium bowl, whisk vinegar, soy sauce, sugar, chile, ginger, and pepper.

Halve cucumbers lengthwise, seed, and thinly slice crosswise. Add to dressing, along with onion. Cover and refrigerate for 1 to 2 hours. Garnish with cilantro and peanuts before serving. Makes about 4 cups for 6 servings.



# Main Dishes





## MEAT ROASTING GUIDE

| Cut                                                                                                | Weight Pounds | Approx. Time (Hours)<br>(325° oven) | Internal Temperature                             |
|----------------------------------------------------------------------------------------------------|---------------|-------------------------------------|--------------------------------------------------|
| <b>BEEF</b>                                                                                        |               |                                     |                                                  |
| Standing rib roast<br>(10 inch) ribs<br>(If using shorter cut (8-inch) ribs, allow 30 min. longer) | 4             | 1¾<br>2<br>2½                       | 140° (rare)<br>160° (medium)<br>170° (well done) |
|                                                                                                    | 8             | 2½<br>3<br>4½                       | 140° (rare)<br>160° (medium)<br>170° (well done) |
| Rolled ribs                                                                                        | 4             | 2<br>2½<br>3                        | 140° (rare)<br>160° (medium)<br>170° (well done) |
|                                                                                                    | 6             | 3<br>3¼<br>4                        | 140° (rare)<br>160° (medium)<br>170° (well done) |
| Rolled rump<br>(Roast only if high quality.<br>Otherwise, braise.)                                 | 5             | 2¼<br>3<br>3¼                       | 140° (rare)<br>160° (medium)<br>170° (well done) |
| Sirloin tip<br>(Roast only if high quality.<br>Otherwise, braise.)                                 | 3             | 1½<br>2<br>2¼                       | 140° (rare)<br>160° (medium)<br>170° (well done) |
| <b>LAMB</b>                                                                                        |               |                                     |                                                  |
| Leg                                                                                                | 6             | 3<br>3½                             | 175° (medium)<br>180° (well done)                |
|                                                                                                    | 8             | 4<br>4½                             | 175° (medium)<br>180° (well done)                |
| <b>VEAL</b>                                                                                        |               |                                     |                                                  |
| Leg (piece)                                                                                        | 5             | 2½ to 3                             | 170° (well done)                                 |
| Shoulder                                                                                           | 6             | 3½                                  | 170° (well done)                                 |
| Rolled shoulder                                                                                    | 3 to 5        | 3 to 3½                             | 170° (well done)                                 |

## POULTRY ROASTING GUIDE

| Type of Poultry               | Ready-To-Cook Weight | Oven Temperature | Approx. Total Roasting Time |
|-------------------------------|----------------------|------------------|-----------------------------|
| <b>TURKEY</b>                 | 6 to 8 lb.           | 325°             | 2½ to 3 hr.                 |
|                               | 8 to 12 lb.          | 325°             | 3 to 3½ hr.                 |
|                               | 12 to 16 lb.         | 325°             | 3½ to 4 hr.                 |
|                               | 16 to 20 lb.         | 325°             | 4 to 4½ hr.                 |
|                               | 20 to 24 lb.         | 300°             | 5 to 6 hr.                  |
| <b>CHICKEN</b><br>(Unstuffed) | 2 to 2½ lb.          | 400°             | 1 to 1½ hr.                 |
|                               | 2½ to 4 lb.          | 400°             | 1½ to 2½ hr.                |
|                               | 4 to 8 lb.           | 325°             | 3 to 5 hr.                  |
| <b>DUCK</b><br>(Unstuffed)    | 3 to 5 lb.           | 325°             | 2½ to 3 hr.                 |

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

## MAIN DISHES

### STEAMER CLAMS FROM SUMMER'S BAY

**Linda and Spencer Ellsworth**

Dig clams at low tide; rinse. Put them in a 5 gallon bucket of sea water (or salted water) and 2 cups of corn meal. Let sit overnight. When ready to eat, boil them in a pot of salted water till clams open. Serve with garlic butter ( $\frac{1}{2}$  cup butter and 4 garlic cloves).

### TOSSED CRAB LEGS IN SPICY CITRUS INFUSED BUTTER SAUCE **Chris Starkenberg** **Chef, Gryfalcon Tugboat**

Crab per person:

$\frac{1}{2}$  to  $\frac{3}{4}$  **Dungeness crab**

$1\frac{1}{2}$  to 2 **king crab legs per  
person**

Take your crab legs and bend them backwards to separate so you can remove the tendon. Take a sharp serrated knife and split one side of the shell. This will help when you are trying to get the meat from the shell. Place the crab in a large saute pan and place over medium-high heat and lightly toss for 2 minutes. Do not cook very long; you do not want to draw the moisture out of the crab, then ladle 4 ounces per portion of Spicy Citrus Sauce over the crab and saute for another 2 minutes or until the sauce is hot, then pour over the top of fresh steamed rice or your favorite pasta.



## **SPICY CITRUS INFUSED BUTTER SAUCE**

**Chris Starkenberg**  
**Chef, Gryfalcon Tugboat**

2 cubes sweet butter  
3 Tbsp. olive oil  
Zest from 1 lemon and 1 lime  
2 fresh garlic cloves, roughly  
chopped, or 2 Tbsp. jarred,  
chopped garlic  
2 stalks celery, diced fine  
1 medium onion, julienned  
1½ Tbsp. Tabasco hot sauce  
1 Tbsp. Siracha hot chili  
sauce (rooster on the  
bottle)

1½ c. white wine (use to  
dissolve the cornstarch)  
3 Tbsp. black fish seasoning  
Juice from 3 limes and 3  
lemons  
1 (12.5 oz.) can diced  
tomatoes  
2 Tbsp. cornstarch, dissolved  
in the wine

Place the zest and the olive oil in a small bowl and cover with Saran Wrap. Place in microwave and cook for 45 to 60 seconds. Let this stand for about 15 minutes. In a large saute pan over medium to medium-high heat, strain the zest from the olive oil and discard the zest, then add the garlic, onions, and celery and saute until tender. Add the butter and after the butter has melted, add the remaining ingredients and bring to a boil and allow the sauce to thicken and remove from the heat. Just keep this sauce warm; do not let it boil very long or you will break the butter in the sauce. This is enough sauce for 8 to 10 servings.

## **DUTCH HARBOR CRAB PIE**

**Dale Kelley**

1 c. shredded Swiss cheese  
1 unbaked 9 inch pie shell  
½ lb. cooked, flaked crab  
3 green onions, sliced (with  
tops)  
3 beaten eggs

1 c. light cream  
½ tsp. salt  
½ tsp. grated lemon peel  
¼ tsp. dry mustard  
Dash of mace  
½ c. sliced almonds

Sprinkle cheese evenly over bottom of pie shell. Top with crabmeat; sprinkle with sliced green onion and tops. Combine eggs, cream, salt, lemon, dry mustard, and mace. Pour over crabmeat. Top with sliced almonds. Bake in slow oven (325°) for 45 minutes or until set. Remove from oven and let set 10 minutes before serving. Serves 6.

## AUNT EDNA'S CRAB AND CHICKEN SUPREME

Dale Kelley

- 3 c. cooked chicken, cut in bite-size pieces
- 2 c. cooked crabmeat (fresh or two 7½ oz. cans)
- 8 slices bacon, cooked crisp and crumbled

- 2 (10 oz.) pkg. frozen peas, cooked and drained
- Pepperidge Farms-type patty shells

Sauce:

- 6 Tbsp. butter
- 6 Tbsp. flour
- 1½ c. chicken broth
- 1½ tsp. salt
- ¾ tsp. paprika

- Garlic powder to taste
- ⅛ tsp. nutmeg
- 2½ c. sour cream
- Dash of pepper

Melt butter, add flour, and mix over low heat. Add chicken broth, salt, paprika, garlic powder, nutmeg, and pepper and stir until smooth. Cover and cook slowly over low heat until thickened. Stir occasionally. Add sour cream. Stir well; continue heating over low heat. Add chicken and crab, mix lightly, and cook 10 minutes more.

Spoon crab mixture into patty shell, top with crumbled bacon, and drizzle peas over all. Serve with rice and green salad. Serves 8.

## GINNI BAXTER'S SUCCULENT SEAFOOD CASSEROLE

Dale Kelley

- ½ lb. crab
- 1 c. shrimp
- 1 can water chestnuts
- 1 can cream of celery soup (undiluted)
- 1 c. diced celery

- ¼ c. chopped onion
- ¼ c. chopped parsley
- ⅓ c. mayonnaise, mixed well with ⅓ c. milk
- 2 c. cooked small pasta shells

Mix all ingredients together and bake at 350° for 45 minutes.

## UNALASKA CRAB CAKES

Vicki Peck

- 5 lb. crab legs and body, picked clean
- Salt to taste
- 5 eggs

- 5 Tbsp. mayo
- Dijon mustard
- 1½ c. shredded bread
- Dash of nutmeg

Mix all together and form into patties. Chill for a few hours. Fry in hot oil 5 minutes each side.



## **UNALASKA CRAB AND CHEDDAR SANDWICHES**

Vicki Peck

**4 slices sourdough**

Mix together:

**12 oz. Dungeness crab or  
king**

**¼ c. green onion, thinly  
sliced**

**2 c. grated Cheddar cheese**

**¼ to ⅓ c. mayonnaise**

Broil one side of bread. Turn over and cool. Place ¼ of crab mixture on untoasted side of bread. Place under broiler for 4 minutes until cheese is bubbly. Serves 4.

## **CRAB FRITTERS WITH LIME AIOLI SAUCE**

Vicki Peck

**1 egg yolk**

**2 cloves garlic, chopped fine**

**1 Tbsp. lime juice**

Combine in food processor and pulse.

Very slowly add:

**¾ c. oil**

Add salt and white pepper to taste. Chill at least 2 hours.

Crab Fritters: Heat vegetable oil in frying pan about 2 to 3 minutes.

**½ lb. crabmeat, flaked and  
drained**

Combine:

**½ c. cornmeal**

**¼ tsp. salt**

**¼ c. flour**

**Pepper**

**1½ tsp. baking powder**

Mix and add to dry ingredients:

**¼ c. milk**

**1 egg**

Fold crab into mixture and drop by teaspoons in hot oil. Drain and serve with Lime Aioli.

## CRAB TETRAZZINI

Harriet Hope  
for Edna Fortner

1 c. shelled crab  
1 pkg. shell or angel hair  
pasta  
6 oz. Mozzarella  
1 medium onion, diced  
¾ c. canned or fresh  
mushrooms  
¼ c. Parmesan cheese

¼ c. cooking wine  
Sprinkle of sugar  
Dash of salt  
½ c. butter  
3 Tbsp. flour  
¾ c. half & half or milk  
1 small can minced clams  
(save liquid)

Spray casserole dish with cooking spray. Cook up pasta and set aside. Saute onions and mushrooms; set aside.

Sauce: Make a white sauce with butter, flour, milk, clam juice, wine, sugar, and salt.

In large casserole, mix all ingredients except Parmesan. Sprinkle Parmesan on top. Bake for 45 minutes to 1 hour at 350°.

## SCAMPI SAUTE

Richard Peck

10 large shrimp (20 medium)  
Salt and pepper to taste  
¼ c. butter  
3 large mushrooms, thinly  
sliced  
2 shallots, minced

2 cloves garlic, minced  
3 Tbsp. green onion, diced  
1 Tbsp. sherry  
¼ c. whipping cream or  
half & half  
1 tsp. chopped parsley

Season shrimp with salt and pepper. Saute in butter, heating to about 350°F. Turn shrimp when pink. Add mushrooms, shallots, garlic, and green onion; saute about 4 minutes. Add sherry and simmer 1 minute. Add cream; shake pan until sauce is thickened. Garnish with parsley. Serve over fettuccini noodles.

## HALIBUT IN SOUR CREAM

Theresa Bindley

1 lb. halibut fillets  
1 c. sour cream  
2 Tbsp. minced onion  
1 Tbsp. dried parsley flakes  
¼ tsp. dry mustard

1 Tbsp. lemon juice  
¼ tsp. sweet basil  
Salt and pepper  
Paprika  
Lemon wedges

In shallow baking dish or broiler pan, arrange fillets so they don't touch. Mix all remaining ingredients except paprika and lemon wedges. Spread over fish. Sprinkle with paprika. Bake at 375° for 20 to 25 minutes.



## **KING CRAB QUICHE PIE**

Lynda Lybeck Robinson

1 double pie crust  
8 large eggs, beaten  
¼ tsp. black pepper  
¼ tsp. pepper  
½ tsp. salt  
½ medium onion, diced  
3 cloves pressed garlic  
1 c. diced celery

½ lb. mushrooms, sliced  
1 (10 oz.) pkg. frozen, cut  
leaf spinach (squeeze the  
water out)  
3 c. shelled, boiled king crab  
½ c. fresh grated Parmesan  
cheese  
¼ cube butter

Dressing:

½ c. sour cream

⅔ c. cocktail sauce

Preheat the oven to 425°. Prepare the bottom crust in a lightly greased (Pam) pie pan. Set aside. Whisk the eggs thoroughly with the salt and pepper. Set aside.

Pull the king crab into smaller bite-sized pieces. Combine all vegetables, king crab, and Parmesan in a large bowl. When well mixed, pour the eggs over the lot and stir well. Pour the whole mixture into the pie pan. Dot with butter. Cover with the top crust, flute, and score. Cover the edge of your pie crust with a 3 inch strip of foil, which you will remove 15 minutes before the pie is done. This prevents your pie crust edges from getting too brown or use an aluminum pie ring. Bake at 425° for 40 minutes or until the pie crust is golden brown. If there is any runniness, then the eggs aren't quite done. Cover with foil; put the whole pie back in for another 10 minutes. The eggs should be opaque and firm. Remove from oven. Cool for 15 minutes. Serve hot/warm in pie wedge pieces. Serve with the dressing, if desired.

Substitutions: Try instead with ham (for crab), broccoli (for spinach), and 1 cup added Cheddar cheese.

## **ROBINSON'S SALMON PIE**

Lynda Lybeck Robinson

1 box frozen pie crusts  
4 to 5 c. cooked jasmine rice  
½ medium onion, diced  
1 raw salmon filet, thinly  
sliced (about 2½ to 3 c.)

Salt and pepper  
3 cloves fresh garlic or  
garlic powder  
3 to 4 beaten eggs  
¼ cube butter

### **Tartar Sauce:**

**2 c. mayonnaise**

**$\frac{2}{3}$  c. diced pickles (sweet or  
dill; your preference)**

**$\frac{1}{2}$  c. diced onions**

**Garlic to taste**

Mix all together. Refrigerate.

Preheat oven to 375°. Lightly spray pie pan with cooking oil. Place the bottom pie crust in the pie pan. Spread enough rice to cover the bottom of the pan, about  $\frac{3}{4}$  to 1 inch thick. Spread the onion out lightly and evenly over the rice. Caution: Too much onion will overpower the flavor of the fish. Lay the salmon slices over the onion, covering the entire pan. The salmon layer can be about  $\frac{1}{2}$  inch thick. Sprinkle lightly with garlic, salt, and pepper. Dot evenly with butter. Spread the remaining rice over the top of the salmon. Evenly pour your beaten eggs over the entire layered mix, using a fork to gently separate one small section at a time so that the eggs seep down through the mix. Use the remaining pie pastry to cover the pie, fluting the edges. Cook for about 45 to 50 minutes or until the crust is golden brown. Serve with tartar sauce.

Substitute salmon with halibut, cod, fish of your choice.

## **BROILED ALASKAN HALIBUT WITH MUSTARD AND ROSEMARY**

**Dale Kelley**

**2 tsp. Dijon mustard**

**1 tsp. minced fresh rosemary  
leaves (use  $\frac{1}{2}$  tsp. dried)**

**1 Tbsp. lemon juice**

**$1\frac{1}{2}$  lb. halibut fillet (at room  
temperature)**

**Freshly ground pepper to  
taste**

**Lemon wedges**

Stir together mustard, rosemary, and lemon juice. Place fish on broiling pan and brush with  $\frac{1}{2}$  of the mustard mixture. Sprinkle with pepper. Broil under medium hot broiler about 4 inches from heat for about 12 minutes per inch of thickness. Brush occasionally with the mustard mixture until used up. Test for doneness and serve with lemon wedges. Serves 3 to 4.

## **UNALASKA'S HALIBUT DELIGHT**

**Vicki Peck  
Becky Wick**

**2 to 3 lb. halibut**



1 c. mayo  
1 c. grated Parmesan cheese  
8 oz. sour cream

1 pkg. Ranch dressing  
Thin with a little milk

Mix together and "slather" on both sides of halibut fillets, cut in serving size pieces. Roll in or top with Italian bread crumbs. Bake at 400° for 20 minutes for fish or for 30 minutes for chicken, if using chicken instead.

## HARRY'S UNALASKA FISH PIE

Harriet Hope

1 whole salmon fillet or 2  
cans red salmon, boned  
and skinned  
3 c. cooked rice  
4 Tbsp. butter, melted in hot  
rice  
4 hard-boiled eggs  
1 small onion, chopped

Salt and pepper to taste  
Parsley flakes or Petruskies  
local wild parsley  
4 Tbsp. butter (more)  
2 large crusts  
4 c. Krusleze mix  
12 to 13 Tbsp. water

Lay crust bottom into 9x13 inch pan with plenty of fork holes for flakiness. Add layer of warm rice, ½ of the chopped onions, eggs, salt, pepper, and parsley. Lay the fish fillets on top. Repeat layering one more time. Dot with remaining 4 tablespoons butter. Put on top crust and crimp edges to seal. Cut slits for vents and flakiness. Bake at 350° for approximately 1 hour. Serve with tartar sauce or butter.

## ALASKA HALIBUT SAUTE

Maria Turnpaugh

1 lb. Alaska halibut, thawed  
if necessary  
Salt and pepper  
1.5 Tbsp. oil, divided  
1 c. thinly sliced carrots  
1 c. sliced celery  
1 c. sliced green onions

1 c. broccoli florets  
¼ tsp. grated ginger root or  
ground ginger  
¼ c. chicken broth or water  
2 tsp. cornstarch  
1 tsp. grated lemon or lime  
peel

Remove skin and bones from halibut; cut into 1 inch cubes. Season halibut with salt and pepper. Saute in half oil until barely cooked; remove from skillet. Saute vegetables in remaining oil until crisp-tender. Return halibut to skillet. Add salt and ginger. Combine chicken broth, cornstarch, and lemon peel; add to fish mixture. Cook and stir until thickened and halibut flakes when tested with a fork. Makes 4 servings.

## ALASKAN HALIBUT CASSEROLE

Dale Kelley

**2 onions, sliced**

Combine:

**$\frac{2}{3}$  c. sour cream**

**$\frac{2}{3}$  c. mayonnaise**

Combine:

**4 to 6 oz. Havarti cheese**

**4 to 6 oz. Gruyere cheese**

**Halibut pieces to serve (4 to  
6 people)**

Layer onion "rings," then halibut pieces, then mayo mixture and cheese mixture. Repeat until "used up." Top with crushed potato chips. Bake at 350° for  $\frac{1}{2}$  hour to 45 minutes, depending on thickness of halibut.

## HARRY'S FRIED HALIBUT

Harriet Hope

**2 tubes crackers (saltines or  
Ritz)**

**3 eggs**

**$\frac{1}{4}$  c. water**

**2 c. flour**

**4 c. cooking oil**

**1 tsp. salt**

**2 to 3 lb. halibut, cut into  
small chunks or fingers**

**1 tsp. pepper**

Crush crackers in Ziploc bag with a rolling pin until roughly fine (commercial crumbs would work but not as good). Beat eggs. Add ice cold water. Roll fish in flour, then in egg mixture, then crumbs. Deep-fry until golden brown. Serve with homemade tartar sauce or malt vinegar.

Note: This recipe can also be used for cod fish and makes superb fried chicken.

## BACON WRAPPED HALIBUT WITH SUN-DRIED TOMATO CREAM SAUCE

Lourdes Gallardo Walsh

**3 lb. halibut fillets, cut into 4  
oz. portions**

**12 pieces bacon slices**



For the sauce:

1 tsp. minced garlic  
1 tsp. minced shallots  
1 tsp. butter  
1 c. white wine  
2 c. seafood stock

A little cornstarch  
 $\frac{1}{2}$  c. pureed sun-dried  
tomato  
 $\frac{1}{2}$  c. heavy cream

Wrap each seasoned halibut with a slice of bacon. Sear bacon wrapped halibut on high heat until both sides are nicely browned. Pan them up and finish cooking them off in the oven until done.

For the sauce: Saute garlic and shallots in butter until translucent. Add wine and make a 75% reduction. Add stock and sun-dried tomato and simmer. Thicken sauce with a little cornstarch. Add heavy cream and adjust seasoning. Smother cooked fish with sauce. Garnish with chopped dill.

## **CORN FLAKE-CRUSTED HALIBUT** **WITH CHILE-CILANTRO AIOLI**

The Border Family

Aioli:

3 Tbsp. fat-free mayonnaise  
1 serrano chile, seeded and  
minced

2 Tbsp. minced fresh  
cilantro  
1 garlic clove, minced

Fish:

1 c. fat-free milk  
1 large egg white, lightly  
beaten  
2 c. corn flakes, finely  
crushed  
 $\frac{1}{4}$  c. flour

$\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  tsp. black pepper  
2 Tbsp. olive oil  
4 (6 oz.) halibut fillets  
4 lemon wedges

To prepare Aioli, combine mayonnaise, cilantro, chile, and garlic.

To prepare halibut, combine milk and egg white in a shallow dish and stirring well with a whisk. Combine corn flakes, flour, salt, and pepper in another shallow dish. Heat olive oil in a large nonstick skillet over medium-high heat. Dip halibut in milk mixture; dredge in corn flake mixture. Add halibut to pan; cook 4 minutes on each side or until fish flakes easily when tested with fork. Serve with Aioli and lemon wedges.

## **SEARED CAESAR HALIBUT CHEEK ON KAISER**

**Chris Starkenberg**  
Chef, Gryfalcon, Tug

**6 oz. halibut cheek or  
halibut filet**  
**3 oz. Christopher Caesar  
salad dressing**  
**3 Tbsp. fresh grated  
Parmesan cheese**

**1 oz. romaine lettuce, cut  
like angel hair**  
**Purple onion rings**  
**2 Tbsp. olive oil**  
**Fresh baked Kaiser roll**  
**Lemon wedge**

Marinate halibut cheek or filet in 1 ounce Caesar dressing for about 1 to 3 hours. When ready, slice Kaiser roll in half and drizzle with olive oil. Dust with fresh Parmesan cheese and grill in nonstick pan until golden brown. In the same pan, turn up the heat and sear the halibut for about 1 to 2 minutes per side. It is very important to not overcook. Lightly break open the halibut filet and it should be a little clear in the center. Remove from heat and the pan. To build, lightly toss the angel hair romaine with Caesar dressing. Lightly spoon Caesar dressing to both sides of the Kaiser roll and place halibut filet on bottom half and garnish with fresh Parmesan. On the top half of Kaiser, place the angel hair romaine and purple onion rings. Garnish with lemon wedge and serve with fresh shoe string potato sticks.

## **HALIBUT ENCHILADAS**

**The Border Family**

**1 lb. halibut, cubed**  
**3 c. milk**  
**½ c. butter, melted**  
**⅓ c. flour**  
**½ Tbsp. chili powder**  
**3 Tbsp. cilantro, fresh  
minced**  
**Salt and white pepper to  
taste**  
**⅓ c. canned green chilies,  
diced**

**1 red pepper, diced**  
**1 onion, chopped**  
**1 tomato, chopped**  
**1 (16 oz.) can black beans,  
drained**  
**2 c. Cheddar cheese,  
shredded**  
**10 large tortillas**

In a saucepan, over medium heat, melt butter and stir in flour until smooth. Add milk and stir until it thickens, then add the salt, white pepper, and cilantro. Stir and remove from heat. Pour ⅓ of resulting sauce into a large flat casserole and spread evenly to cover the bottom.

In a medium size bowl, mix the halibut, green chilies, red pepper, onion, tomato, black beans, 1 cup of cheese, and chili powder. Take one



tortilla and put some of the halibut mixture down the center and roll up the tortilla. Place in the casserole dish. Repeat with remaining tortillas. Pour the remaining cilantro sauce evenly over the top of the rolled tortillas, making sure all are covered. Sprinkle the remaining 1 cup of shredded cheese over the top of the sauce. Preheat oven to 400° and bake for 25 to 35 minutes.

## **BASIC HALIBUT ROAST**

**Maria Turnpaugh**

- |                                                    |                                             |
|----------------------------------------------------|---------------------------------------------|
| <b>¼ tsp. thyme, crushed</b>                       | <b>2 stalks celery, sliced or julienned</b> |
| <b>⅛ tsp. rosemary</b>                             | <b>2 carrots, sliced or julienned</b>       |
| <b>⅛ tsp. salt</b>                                 | <b>2 Tbsp. lemon or lime juice</b>          |
| <b>⅛ tsp. pepper</b>                               | <b>1 Tbsp. melted margarine or butter</b>   |
| <b>1 (2 to 2½ lb.) halibut roast</b>               |                                             |
| <b>2 medium onions, thinly sliced or julienned</b> |                                             |

Combine thyme, rosemary, salt, and pepper; season halibut with mixture. Place half of vegetables in baking dish; place roast on vegetables. Top halibut with remaining vegetables; drizzle with lemon juice and margarine. Bake at 450°F, allowing about 10 minutes cooking time per inch of thickness measured at its thickest part, or until halibut flakes easily when tested with a fork. Makes 6 servings.

## **SWEET AND SOUR HALIBUT**

**Linda Ellsworth**

- |                                                            |                                   |
|------------------------------------------------------------|-----------------------------------|
| <b>2 lb. halibut or any white firm fish</b>                | <b>1 tsp. garlic powder</b>       |
| <b>1 jar brown spice mustard (Grey Poupon or Gulden's)</b> | <b>1 tsp. onion powder</b>        |
| <b>1 pkg. graham crackers, crushed fine</b>                | <b>2 tsp. (approx.) olive oil</b> |
|                                                            | <b>4 tsp. (approx.) soy sauce</b> |

Prepare fish, wash, dry, and rub with garlic and onion powder. Using a knife, spread mustard on fish (both sides) generously. Coat with crushed graham crackers. Saute in olive oil (medium heat) about 7 minutes, covering fish. Turn fish. Sprinkle soy sauce generously over the fish. Cook another 7 minutes or so, uncovered, until done.

## **HALIBUT LOBSTER**

**Terry Quirk**

- |                             |              |
|-----------------------------|--------------|
| <b>2 inch cubes halibut</b> | <b>Lemon</b> |
| <b>1 c. sugar</b>           |              |

Boil pot of water. Add 1 cup sugar. Boil fish until white. Remove and garnish with lemon. Fish will taste like lobster.

## **MARINADE FOR GRILLED SALMON** **WITH LIME BUTTER SAUCE**

Dale Kelley

**1/2 c. olive oil**  
**1/2 c. soy sauce**  
**1 tsp. chopped garlic (or**  
**more to taste)**

**1 tsp. grated ginger (or use**  
**bottled)**

Mix well and marinate salmon steaks or fillets for one hour (or more). Grill until done and top with Lime-Butter Sauce.

Lime Butter Sauce:

**Butter**  
**Fresh squeezed limes**

**Green onions**

Amounts will depend on how many steaks/fillets you serve. Melt butter (enough to cover the number of your fillets) and add chopped green onions and lime juice to taste. Simmer together several minutes and pour over cooked salmon.

## **BBQ SALMON UNALASKA STYLE**

Shirley Marquardt  
Mayor of Unalaska

**2 sticks butter**  
**2 garlic cloves, smashed**  
**1/4 c. soy sauce**

**2 Tbsp. Dijon mustard**  
**1 Tbsp. Worcestershire**  
**2 tsp. ketchup**

Combine in small saucepan at low heat for about 15 minutes. Spread on salmon fillets and grill. Pass extra sauce for spooning over grilled fish.

## **MOKUSHIN RIVER SALMON**

Shirley Marquardt

**2 Tbsp. shallot, chopped**  
**1 1/2 tsp. ginger (fresh), grated**  
**1/4 c. white wine**  
**3 Tbsp. fresh lime juice**  
**10 oz. butter, cut into bits**

**6 small salmon fillets or**  
**steaks, skin removed**  
**2 Tbsp. vegetable oil and**  
**thin sliced chives (for**  
**garnish)**

Combine all but oil and butter in saucepan over high heat until reduced somewhat. Remove from heat and incorporate butter, 2 at a time. Hold sauce. Brush salmon with oil and season with salt and pepper. Bake at 500° for about 12 minutes on baking sheet. Spoon sauce on plate, place salmon on top, and garnish with chives and a drizzle of sauce.



## **ALASKA SALMON AND CHIPOTLE WRAP**

Linda Ellsworth

Prep Time: 15 minutes.

- |                                                                                                                                                                        |                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| 2 to 3 Tbsp. fresh lime juice                                                                                                                                          | 3 Tbsp. light cream cheese<br>or light sour cream                                              |
| 1 Tbsp. chipotle chiles in<br>adobo sauce, chopped                                                                                                                     | 1 tsp. adobo sauce                                                                             |
| 2 Tbsp. chopped fresh<br>cilantro                                                                                                                                      | 4 (8 inch) flour tortillas<br>(sandwich rolls or bread<br>may be substituted for<br>tortillas) |
| 2 Tbsp. chopped red bell<br>pepper                                                                                                                                     | 4 large lettuce or cabbage<br>leaves, shredded                                                 |
| 1 to 2 Tbsp. chopped red<br>onion                                                                                                                                      |                                                                                                |
| 1 tsp. chopped garlic                                                                                                                                                  |                                                                                                |
| ¼ tsp. salt                                                                                                                                                            |                                                                                                |
| ¼ tsp. pepper                                                                                                                                                          |                                                                                                |
| 1 (14.75 oz.) can or 2 (7.5 oz.)<br>cans traditional pack<br>Alaska salmon or 2 (6 to<br>7.1 oz.) cans or pouches<br>skinless, boneless salmon,<br>drained and chunked |                                                                                                |

In bowl, mix lime juice, chiles, cilantro, bell pepper, red onion, garlic, salt, and pepper. Gently stir in salmon until blended. In small bowl, blend cream cheese and adobo sauce. Spread ¼ mixture over each tortilla to within 1 inch of edge. Spread ⅔ cup salmon mixture over cream cheese. Top with ¼ of lettuce and roll up burrito-style. Repeat for remaining tortillas.

For appetizers, cut each wrap into thirds (makes 12 appetizer servings).

As a meal, cut each wrap in half (makes 4 entree servings). Serve immediately.

## **ALASKA SALMON STUFFED POTATOES**

Maria Turnpaugh

- |                                       |                            |
|---------------------------------------|----------------------------|
| 7½ oz. can Alaska salmon              | 1 egg, beaten              |
| 4 (about 7 oz.) baking<br>potatoes    | 2 Tbsp. margarine          |
| 1 c. shredded Monterey Jack<br>cheese | 2 Tbsp. minced onion       |
| ¼ c. milk                             | 2 Tbsp. diced green chiles |
|                                       | ⅛ tsp. black pepper        |

Drain and flake salmon. Set aside. Pierce potato skins several times with a fork. Place in microwave oven. Cook on HIGH power for 20 minutes or until tender, turning halfway through. Cut a slice off the top of each potato. Scoop out inside, leaving  $\frac{1}{4}$  inch shell; set aside. Blend potato pulp with  $\frac{1}{2}$  cup cheese, flaked salmon, and remaining ingredients. Spoon mixture into potato shells. Microwave on HIGH power for 4 to 5 minutes or until heated through. Sprinkle with remaining cheese and microwave on HIGH power for 45 seconds or until cheese is melted. Makes 4 servings.

## **RED PEPPER PRAWNS**

**The Duhan Family**

**$\frac{1}{4}$  c. unsalted, roasted  
peanuts**  
**1 lb. medium-sized prawns  
in the shell**  
**3 stalks celery**

**1 red bell pepper (green may  
be substituted)**  
**2 Tbsp. oil**  
 **$\frac{1}{2}$  tsp. crushed, dried red  
chili pepper**

Seasoning:

**$\frac{1}{2}$  tsp. salt**  
 **$\frac{1}{2}$  tsp. sugar**  
**2 tsp. cornstarch**

**White from one medium-  
sized egg**

Thickener:

**$\frac{1}{2}$  c. chicken stock (or  
chicken bouillon)**  
**1 Tbsp. cornstarch**

**1 Tbsp. white wine**  
**1 Tbsp. sesame oil**  
**1 Tbsp. oyster sauce**

Finely chop peanuts and set aside. Shell, devein, and rinse prawns, then place in bowl. Mix seasoning ingredients (salt, sugar, cornstarch, and egg white) and pour over prawns, stirring to mix well. Cut celery into  $1\frac{1}{2}$  inch long pieces on the diagonal, then cut each lengthwise into strips julienne style. Cut bell pepper in half and remove and discard seeds. Cut into pieces approximately 1 inch by  $\frac{1}{4}$  inch. Combine thickener ingredients (stock, cornstarch, white wine, sesame oil, and oyster sauce) in small bowl and mix well. Heat wok to high temperature and add oil. Add prawns, chili peppers, celery, and bell pepper. Stir-fry over high heat for 3 minutes. Push the food up the sides of the wok, creating an open circle of space in the bottom. Stir the thickener well and then pour it slowly into the liquid remaining in the center of the wok. Cook for an additional 30 seconds. Remove to serving platter and sprinkle with peanuts before serving.

Note: All steps prior to heating wok may be done a few hours in advance and kept at room temperature.



## SCALLOPS WITH LEEKS AND GINGER CREAM

Shirley Marquardt

12 oz. large scallops  
1 Tbsp. butter  
2 leeks, trimmed to pale green  
2 Tbsp. minced shallots

2 Tbsp. minced fresh ginger  
2 Tbsp. heavy cream  
1 c. chicken broth  
Salt and pepper to taste

Rinse and dry scallops, then sear in melted butter for 3 to 4 minutes. Remove from pan and cover. Add leeks, shallots, ginger, cream, and broth to pan. Let cook and thicken about 3 minutes. Season with salt and pepper. Arrange scallops and leeks on plate and pour sauce over.

## SOLE WITH LEMON AND SPINACH

Shirley Marquardt

1 Tbsp. olive oil  
2 large fillets of sole or other mild white fish  
¼ c. chicken broth  
1 Tbsp. butter

2 Tbsp. drained capers  
2 Tbsp. minced parsley  
Juice from 2 lemons  
1 lb. fresh spinach  
1 Tbsp. olive oil

Heat 1 tablespoon oil in large saute pan and cook fish 3 minutes per side or less. Set aside; do not clean pan. Add chicken broth and reduce somewhat, turn off heat, and combine butter. Stir in capers, parsley, and lemon juice and set aside. Quickly cook spinach in 1 tablespoon olive oil and arrange on plates. Put fish in sauce to coat, then place on top of spinach. Spoon remaining sauce over fish and spinach and garnish with parsley.

## WORLD'S BEST TUNA CASSEROLE

Dory Orr

1 large family size can solid albacore in water  
1½ c. frozen peas  
2 c. fresh sliced mushrooms  
1½ pkg. spiral pasta  
2 cans cream of mushroom soup  
1½ c. milk

12 to 16 oz. shredded Cheddar  
1 Tbsp. butter plus butter for saute  
¾ c. corn flake crumbs  
1 tsp. salt  
½ tsp. pepper  
¼ tsp. dill (optional)

Saute mushrooms in butter, drain, and blot. Cook pasta as directed (do not overcook). Place frozen peas in strainer and pour pasta/water

over them. Drain well. In large bowl, mix pasta, peas, tuna, and mushrooms. In smaller bowl, mix soup, milk, spices, and cheese. Fold into pasta mix. Pour all into casserole dish. In small pan, melt 1 tablespoon butter and add the corn flake crumbs. Sprinkle mixture on casserole. Bake at 350° for 35 to 45 minutes until just heated through. When all ingredients are mixed, it should be fairly wet; you may need another can of soup and more milk.

## **BROCCOLI AND CHICKEN** **CASSEROLE**

Laura Leasure

- |                             |                        |
|-----------------------------|------------------------|
| 4 chicken breasts           | 1 stalk fresh broccoli |
| 1 can cream of chicken soup | 1 c. grated cheese     |
| ½ c. sour cream             | 3 Tbsp. butter         |

Cook chicken and debone. Cook broccoli until tender. Layer with chicken in buttered baking dish. Combine soup and sour cream. Pour over chicken. Sprinkle with grated cheese. Bake at 350° for 30 minutes.

## **MEXICALI CHICKEN**

Sandy Lamoreaux

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1 (3 to 4 lb.) whole chicken        | Seasonings (garlic, salt, pepper) |
| 1 can chili without beans           | ½ lb. Monterey cheese             |
| 1 bunch green onions                | ½ lb. Cheddar cheese              |
| 1 can sliced black olives           |                                   |
| 1 small pkg. cream cheese, softened |                                   |

Boil chicken with a little chopped onion and seasoning for about an hour. After it cools, skin and debone and then chunk into baking dish. Mix together all other ingredients except cheese. Top with cheese. Bake for 20 minutes at 350°.

## **GRILLED CHICKEN WITH SESAME- GINGER SAUCE**

Erin Enlow

- |                                                       |                                                                           |
|-------------------------------------------------------|---------------------------------------------------------------------------|
| ¼ c. reduced-sodium soy sauce                         | 2 tsp. minced fresh ginger                                                |
| 2 Tbsp. fresh lemon juice                             | ½ tsp. ground cumin                                                       |
| 1 Tbsp. peanut or canola oil                          | 6 boneless, skinless chicken breasts, trimmed of fat (1½ to 1¾ lb. total) |
| 1 clove garlic, minced                                | Sesame-Ginger Sauce                                                       |
| 1 serrano chile or jalapeno pepper, seeded and minced |                                                                           |



In a large plastic bag, combine soy sauce, lemon juice, oil, garlic, chile, ginger, and cumin. Add chicken and seal bag. Place in a shallow dish and marinate in the refrigerator, turning once or twice, for at least 2 hours or overnight. Preheat a grill. Remove chicken from marinade and discard plastic bag and any remaining marinade. Grill chicken until opaque in the center, about 5 minutes per side. To serve, thinly slice chicken and top with Sesame-Ginger Sauce. Makes 6 servings.

Test Kitchen Tip: For a seriously spicy marinade, don't seed the serrano.

## **SESAME-GINGER SAUCE**

**Erin Enlow**

1 tsp. canola oil  
½ c. minced fresh ginger  
2 to 3 tsp. sugar  
⅓ c. water  
¼ c. reduced-sodium soy  
sauce

¼ c. rice vinegar  
1 Tbsp. toasted sesame oil  
2 scallions, trimmed and  
thinly sliced

Test Kitchen Tip: A food processor makes quick work of mincing the ginger.

In a small saucepan, heat canola oil over medium heat. Add ginger and sugar and cook, stirring, until softened, 3 to 5 minutes. (Add a little water if the mixture seems dry.) Remove from heat and add ⅓ cup water, soy sauce, vinegar, and sesame oil. Transfer to a small bowl, cover, and refrigerate overnight. Strain sauce through a fine sieve into a small serving bowl. Stir in scallions and serve. Makes about ¾ cup.

Timing Tip: To allow flavors to meld, start the sauce 1 day before serving.

## **HOT CHICKEN SALAD**

**Vicki Peck**

Prepare 1 box of Stove Top stuffing. Spread on the bottom of a 9x13 inch pan. Chop 3 cups of cooked chicken breast or turkey.

Add:

1 can cream of mushroom or  
cream of chicken soup  
½ c. sour cream  
½ c. mayonnaise

1 small dry onion, chopped  
½ c. celery  
1 can water chestnuts, sliced

Add these ingredients to the chopped chicken and spread on the Stove Top stuffing. Spread 2 cups shredded Cheddar cheese on top. Bake at 350°, covered, for 1 hour until heated through.

### **COUNTRY CHICKEN** **(Romertopf (Clay Baker) recipe)**

**Belinda Sunderland**

**3½ lb. chicken**  
**Salt and pepper**  
**1 yellow onion, chopped**  
**Parsley, minced**  
**Celery tops**

**Thyme**  
**Small vegetables (potatoes,**  
**onions, carrots, turnips)**  
**White wine (optional)**  
**2 Tbsp. melted butter**

Soak the Romertopf. Wash the chicken and rub the inside with salt and pepper. Place yellow onion, parsley, and celery in cavity. Tie legs together and place in bottom of pot. Brush with melted butter. Place vegetables around chicken. Sprinkle all with parsley. Cover pot. Place in cold oven and set temperature to 450°F. Bake at 450°F. for about 85 minutes. For very crisp chicken, remove pot from oven after 85 minutes; take vegetables out, pour off juices for gravy, and return pot with chicken (uncovered) to the oven for further crisping.

### **POTATO-CRUST CHICKEN** **QUICHE**

**Belinda Sunderland**

**1 (24 oz.) pkg. frozen**  
**shredded hash brown**  
**potatoes, thawed**  
**3 Tbsp. butter or margarine,**  
**melted**  
**Mushrooms, sliced**  
**Black olives, sliced**  
**1 c. shredded Pepper Jack**  
**cheese**

**1 c. diced, cooked chicken or**  
**ham**  
**4 eggs**  
**1 c. half & half cream or**  
**milk**  
**½ tsp. salt**

Pat hash browns with paper towels to remove excess moisture. Press into a well greased 9 inch pie plate; brush with butter. Bake at 425°F. for 20 to 25 minutes or until lightly browned. Reduce heat to 350°F. Sprinkle cheese and chicken into crust. In a bowl, beat the eggs, cream, and salt; pour over chicken. Bake for 20 to 25 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before cutting. Alternate ingredients; add mushrooms and olives to cheese and chicken before pouring mixture over all. Yield: 6 to 8 servings.



## **CHICKEN AND DUMPLINGS** **(PRESSURE COOKER)**

**Belinda Sunderland**

**1 whole chicken**  
**Salt and pepper**  
**Poultry seasoning**  
**4 c. chicken bouillon or**  
**chicken broth**  
**2 $\frac{2}{3}$  c. all-purpose flour**

**4 tsp. baking powder**  
**2 tsp. salt**  
**2 eggs**  
**1 c. milk**  
**6 qt. pressure cooker**

Put whole chicken, seasonings, and broth into pressure cooker. Cook at 15 pounds pressure for 25 minutes. Reduce pressure according to manufacturer's instructions. Debone and skin chicken as quickly as possible. Return cooker with chicken to burner on medium-high. While chicken is cooking, prepare batter for dumplings. Mix flour, baking powder, and salt. Beat egg and milk; mix into flour mixture until flour is absorbed. Do not overcook. Bring chicken and liquid to boil; drop dumpling batter by spoonfuls into liquid. Cook, uncovered, 5 minutes. Cover chicken, with gasket removed, and let cook another 5 minutes. Remove from heat. Open cover; remove dumplings to a hot platter.

## **CHICKEN POT PIE**

**Laura Leasure**

**Meat from 1 chicken**  
**2 cans cream of chicken**  
**soup**  
**2 cans chicken broth**

**Large can peas and carrots,**  
**drained**  
**Salt and pepper to taste**

Combine and put in 9x12 inch casserole dish.

Crust:

**$\frac{3}{4}$  c. butter, melted**  
**1 $\frac{1}{2}$  c. milk**

**1 $\frac{1}{2}$  tsp. baking powder**  
**1 $\frac{1}{2}$  c. self-rising flour**

Combine crust ingredients and pour over chicken mixture. Do not mix. Bake at 425° for 30 to 40 minutes or until crust rises and browns.

## **EASY PEKING "DUCK"**

**The Border Family**

*We love it with the Crunchy Bok Choy Salad.*

**2 tsp. dark sesame oil**  
**2 small boneless, skinless**  
**chicken breasts**  
**1/3 c. hoisin sauce**  
**1/2 tsp. grated orange rind**  
**2 Tbsp. fresh orange juice**  
**2 tsp. Sriracha (hot chili**  
**sauce)**

**4 (6 inch size) flour tortillas**  
**1/2 cucumber, scored, halved**  
**lengthwise, seeded, and**  
**cut into 8 strips**  
**2 green onion tops, cut into**  
**thin strips**  
**2 tsp. sesame seeds**

Heat oil in a large nonstick skillet over medium-high heat. Add chicken to pan; cook 2 minutes on each side. Reduce heat to medium, cover, and cook 3 minutes on each side or until done. Cut chicken diagonally across the grain into thin slices.

Combine hoisin, orange rind, orange juice, and Sriracha in a small bowl. Heat tortillas according to package directions. Spread 2 tablespoons of mixture down the center of tortillas. Top with 1/4 chicken, 2 cucumber strips, 1/4 of onions, and 1/2 teaspoon sesame seeds. Roll up tortilla and repeat with remaining ingredients.

## **GARLIC CHICKEN PIZZA**

**Theresa Bindley**

**1 c. milk (cold)**  
**1 Tbsp. cornstarch**  
**2 Tbsp. butter**  
**1 tsp. chicken bouillon**  
**1/4 tsp. salt**  
**1/8 tsp. pepper**  
**5 cloves garlic, minced**

**1/4 c. green onion, chopped**  
**1 c. cooked chicken, diced**  
**1/4 c. green pepper, chopped**  
**1/4 c. mushroom, sliced**  
**1 c. Mozzarella cheese,**  
**grated**

Make white sauce by combining milk and cornstarch in small saucepan. Add butter, garlic, bouillon, salt, and pepper. Bring to a boil over medium heat, stirring constantly. Boil 1 minute or until thick. Let sauce cool while preparing crust.

Prepare dough on pizza stone. After sauce has cooled, spread on dough, sprinkle with chicken and vegetables, top with cheese, and bake at 375°F. until bubbly and dough is done.



## **HARRY'S FRIED CHICKEN**

Harriet Hope

1 (4½ lb.) fryer chicken, cut  
up  
½ c. hot red pepper sauce  
½ c. buttermilk  
¾ tsp. salt

½ tsp. pepper  
4 c. cooking oil  
2 c. all-purpose flour  
1 Tbsp. Creole or Cajun  
seasoning

Whisk buttermilk, pepper sauce, salt, and pepper. Pour into 1 gallon plastic Ziploc and add chicken pieces. Refrigerate 8 hours or overnight. Heat oil in deep skillet. Combine flour and Creole seasoning in a bowl. Drain and dredge chicken pieces in flour. Fry chicken, 5 to 6 pieces at a time, until golden brown. Drain on paper towels and keep warm. If desired, sprinkle more seasoning on cooked chicken.

## **FORCE 10 BEEF STEW**

Shirley Marquardt

½ lb. bacon, chopped,  
browned, and drained (set  
aside; "don't clean pan")  
2 lb. stew meat, cut into  
manageable pieces  
1 Tbsp. seasoned flour (salt  
and pepper or Johnny's  
season salt)  
1½ cloves chopped garlic  
1 large chopped onion  
1 c. beef bouillon

1 c. tomato sauce  
12 peppercorns  
3 whole cloves  
¼ c. chopped parsley  
½ bay leaf  
3 cooked and cut up  
potatoes  
4 cooked and cut up carrots  
1 cooked and cut up stalk  
celery  
½ c. dry sherry

Brown stew meat in leftover bacon fat, then pour off most of the fat and sprinkle with seasoned flour, mixing well to combine over low heat. In saucepan (while browning meat), combine and heat till boiling the garlic, onion, bouillon, tomato sauce, peppercorns, cloves, parsley, and bay leaf. Put meat in heavy saucepan and pour hot sauce mixture over. Cover and simmer 2 to 3 hours. Last hour, add the sherry and last 15 minutes, add the cooked potatoes, carrots, and celery.

## **ROSALIE'S HAMBURGER AND CREAM CHEESE CASSEROLE**

Shirley Marquardt

8 oz. wide egg noodles,  
cooked and drained  
1 lb. hamburger, browned  
and drained  
1 Tbsp. butter  
16 oz. tomato sauce

1 c. cottage cheese  
1/4 c. sour cream  
8 oz. cream cheese (room  
temperature)  
1/3 c. chopped green onions  
2 Tbsp. butter, melted

Add tomato sauce to browned meat. Combine cottage cheese, cream cheese, sour cream, and green onions in small bowl. Spread 1/2 noodles in buttered casserole. Cover with cheese-green onion mixture, then cover with the rest of the noodles. Pour melted butter over noodles and the hamburger-tomato sauce mixture over all. Bake for 25 minutes at 350°.

## **KODIAK VENISON STEW**

Spencer Ellsworth

4 lb. venison  
2 apples, diced  
2 garlic cloves  
2 large potatoes

7 carrots, diced  
2 large onions  
1 head cabbage, chopped  
1 bottle dark beer

Boil 6 hours medium. Add more liquid as needed. Feeds 3 hungry hunters for 2 days.

## **POTATOES AND HOT DOGS**

Kingsley Walsh and Lourdes

2 potatoes, sliced  
1 pkg. Ball Park beef franks,  
sliced 1/3 inch thin  
1/2 onion, sliced thin  
1/4 to 1/2 c. cooking oil

1 tsp. salt (season to taste)  
1 tsp. pepper (season to  
taste)  
2 Tbsp. butter for taste (not  
required)

Boil sliced potatoes for 5 minutes to soften. Heat cooking oil. Add hot dogs and potatoes and onions. Season with salt and pepper. Stir frequently to cook potatoes evenly. Cooking should take 30 to 45 minutes. You can cover to cook faster. Add butter at end to give flavor and color. Remove any excess oil by draining or pouring into a bowl of paper towels. Great the next day too.



## HAMBURGER FRUIT CURRY

Linda R. Ellsworth

- |                                                   |                                  |
|---------------------------------------------------|----------------------------------|
| 1 lb. ground beef                                 | ½ tsp. cloves                    |
| 1 medium onion                                    | 1 tsp. cumin                     |
| 2 cubes beef bouillon                             | ½ tsp. ground ginger             |
| 1 medium can diced tomatoes, drained (save juice) | 1 tsp. cardamom seeds            |
| 1 apple, chunked                                  | 1½ tsp. curry (approx. to taste) |
| 1 banana, sliced                                  | 1 tsp. olive oil (approx.)       |
| 1 small can pineapple, drained (save juice)       |                                  |

Saute beef and onion in small amount of olive oil. Add spices, beef cubes, and tomato and pineapple juice. Saute for 10 minutes. Add fruit. Cook for 5 to 10 minutes just until it is thoroughly heated. Serve with rice. Serves 4 to 6.

## SAUERKRAUT PIE

Dory Orr

- |                                                 |                                               |
|-------------------------------------------------|-----------------------------------------------|
| 2 (12 oz.) pkg. regular Jimmy Dean pork sausage | ½ tsp. caraway seeds                          |
| 1 (24 oz.) jar Farmers sauerkraut with juice    | 3 to 4 c. mashed potatoes (instant work fine) |

Brown sausage, breaking into small chunks. When thoroughly cooked, drain well and put into bottom of a casserole dish, spreading evenly. Top with a layer of sauerkraut (the whole jar including juice). Sprinkle with caraway seeds and top with mashed potatoes, spreading just like you were frosting a cake. Bake at 350° for 45 minutes to an hour until heated through.

## CHOPS WITH MUSHROOM GRAVY

Carolyn Eckman

- |                                                |                                       |
|------------------------------------------------|---------------------------------------|
| ½ c. flour                                     | 1 medium onion, chopped               |
| 1½ tsp. paprika                                | ½ c. chopped green pepper             |
| 1½ tsp. salt                                   | 1 (4 oz.) can mushroom stems, drained |
| ¼ tsp. pepper                                  | 2 c. milk                             |
| 6 to 8 boneless pork loin chops (1 inch thick) | 2 Tbsp. lemon juice                   |
| ¼ c. butter or margarine                       |                                       |

In large resealable plastic bag, combine the first four ingredients. Add pork chops, one at a time; toss to coat. Put remaining flour mixture aside. Saute chops in large skillet in butter until golden brown. Transfer to 13x9 inch baking dish. In same skillet, saute onion, green pepper,

and mushrooms until tender. Stir in reserved flour mixture; gradually add milk. Bring to a boil. Cook and stir 2 minutes or till thickened. Remove from heat and add lemon juice. Pour over chops. Cover and bake for 50 minutes at 350°.

## **PORK MEDALLIONS WITH GINGER-** **GARLIC-POMEGRANATE SAUCE**    The Border Family

|                                           |                                        |
|-------------------------------------------|----------------------------------------|
| <b>½ c. water</b>                         | <b>¼ tsp. pepper, divided</b>          |
| <b>¼ c. pomegranate juice</b>             | <b>1 (1 lb.) pork tenderloin</b>       |
| <b>1½ tsp. fresh lemon juice</b>          | <b>2 Tbsp. flour</b>                   |
| <b>1½ tsp. low-sodium soy sauce</b>       | <b>1½ tsp. olive oil</b>               |
| <b>1 tsp. minced, peeled fresh ginger</b> | <b>1 Tbsp. cold water</b>              |
| <b>2 garlic cloves, minced</b>            | <b>1 tsp. cornstarch</b>               |
| <b>½ tsp. salt, divided</b>               | <b>2 Tbsp. fresh cilantro, chopped</b> |

Combine the water, pomegranate juice, lemon juice, soy sauce, ginger, and garlic in a zip-top bag. Add ¼ teaspoon salt, ¼ teaspoon pepper, and pork tenderloin; seal and marinate in refrigerator for 2 hours, turning the bag occasionally. Remove pork (save marinade) and sprinkle with ¼ teaspoon salt, ¼ teaspoon pepper, and flour. Preheat oven to 350°. Heat oil in a large ovenproof skillet over medium-high heat. Add pork, cooking 5 minutes, browning on all sides. Pour marinade over pork and bake for 10 minutes (or until a thermometer registers 160°, slightly pink). Remove pork from pan and let stand for 10 minutes. Cut crosswise into 8 medallions.

Whisk cold water and cornstarch together. Bring marinade to a boil over medium-high heat. Add cornstarch mixture and stir constantly for 1 minute or until sauce thickens. Serve sauce over pork medallions and sprinkle with cilantro.

## **C. GIBSON'S ENCHILADA** **CASSEROLE**

Kay Jones

|                                                        |                                              |
|--------------------------------------------------------|----------------------------------------------|
| <b>1 large 13 oz. pkg. Doritos (save 2 c. topping)</b> | <b>10 to 15 oz. can enchilada sauce</b>      |
| <b>2 Tbsp. onion, grated</b>                           | <b>8 oz. can tomato sauce</b>                |
| <b>1 (10 oz.) can chili with beans</b>                 | <b>1½ c. shredded Cheddar cheese (sharp)</b> |



Topping:

2 c. Doritos  
1¼ c. sour cream

½ c. shredded Cheddar  
cheese

Preheat oven to 375°. Crumble 6 cups Doritos with your hands into a large mixing bowl. Add the onions, the chili, the enchilada sauce, tomato sauce, and 1½ cups of Cheddar cheese to the crumbled Doritos. Stir with rubber spatula to combine. Place mixture into an 8½ x 11 inch ovenproof casserole dish. Bake for 20 minutes. Remove from oven. Spread sour cream over top casserole. Top with remaining 2 cups Doritos. Top with ½ cup cheese. Bake for 5 minutes more and serve.

## **EGG MUFFIN BREAKFAST CASSEROLE**

Sandy Lamoreaux

Layer:

16 to 20 slices English  
muffin bread  
½ lb. Cheddar cheese

½ lb. Swiss cheese  
Sliced ham, sausage, or  
bacon

Mix:

8 eggs  
3 c. milk

½ tsp. dry mustard

Layer twice in buttered long casserole dish; also butter side of dish. Pour egg mixture over top and cover with crushed corn flakes. Drizzle with butter or margarine. Bake at 350° for 45 to 60 minutes.

## **APPLE SAUSAGE FRITTATA**

Linda Ellsworth

4 tsp. olive oil  
1 small sweet onion, finely  
chopped  
2 Yukon Gold potatoes,  
chopped in ¼ inch cubes  
1 Granny Smith apple,  
thinly sliced

4 turkey sausages, chopped  
6 eggs  
1 tsp. fresh parsley  
Salt and pepper

Preheat oven to 350°. In a deep skillet, heat 2 teaspoons of olive oil over medium heat. Saute sausage until brown. Place browned sausage in the bottom of a 9 inch quiche dish. Add the remaining olive oil to the skillet. Add the chopped potato and onion and cook for about 5 minutes, stirring occasionally. Add the sliced apple and cook for an

additional 5 minutes. Remove from heat and place the mixture on top of the sausage in the quiche dish.

In a medium bowl, whisk eggs together. Add salt and pepper to taste. Pour egg on top of the mixture in the quiche pan. Place in the oven and bake for 25 minutes or until the dish is cooked through. Remove from the oven and sprinkle parsley on top. Serve immediately.

## **CHEESY BRUNCH CASSEROLE**

**Henri Callewaert**

**Pastoral Leader, St. Christopher by the Sea Catholic Church,  
Unalaska, AK**

**1 lb. Italian sausage (regular  
or turkey)**

**5 c. herb stuffing mix**

**½ c. chicken broth**

**2 Tbsp. butter, melted**

**1½ c. Cheddar cheese,  
shredded**

**2 c. low fat milk**

**½ tsp. onion powder (or  
chopped onion to taste)**

**½ tsp. pepper**

**16 oz. egg substitute (or real  
eggs)**

Preheat oven to 325°. Spray 9x13 inch baking dish with Pam. Cook sausage (and real onions, if used); drain. Add stuffing mix, toss, and place in baking dish. Drizzle broth and melted butter over mixture. Sprinkle with cheese. Combine milk, onion powder (if used), pepper, and eggs. Whisk together and pour over mixture. Bake for 40 minutes. Serves 9.

## **SUPPER OR BREAKFAST CASSEROLE**

**Joan Flowers**

**8 eggs, beaten**

**1 (7 oz.) can green chiles,  
drained, or Ro-Tel**

**½ c. flour**

**½ tsp. baking powder**

**2 c. cottage cheese**

**½ lb. grated Cheddar cheese**

**½ lb. grated Monterey Jack  
cheese**

**¼ c. melted butter or  
margarine**

Mix all ingredients together and pour into 13x9 inch pan. Bake at 350° for one hour.

Note: Breakfast sausage, bacon, onions, mushrooms, tomatoes, or any other ingredient may be added to "spice" things up.



## **GOOD AND EASY ONION/SWISS CHEESE QUICHE**

Preheat oven to 375°.

**Pie crust (refrigerated Betty**

**Crocker is fine)**

**1½ c. milk**

**¼ c. mayonnaise**

**4 eggs**

**2 Tbsp. flour**

**Salt/pepper/dash of nutmeg  
to taste**

Combine the milk and all other ingredients above to make a custard.

**1 to 1½ c. Swiss cheese,  
grated**

**1 large onion, cut in rings  
and sauteed in a little  
butter until soft**

**Crumbled bacon (optional)**

**1 or 2 cans crabmeat  
(optional)**

Put ½ of the cheese in the pie crust. Layer the sauteed onion rings on cheese. (If using crumbled bacon or crabmeat, sprinkle above onions.) Pour custard over everything. Put remaining cheese on top and sprinkle a dash of paprika for color. Bake in a 375° oven for 45 minutes.

## **CHEESE SOUFFLE**

**Linda Ellsworth**

**3 Tbsp. butter**

**4 Tbsp. flour**

**½ tsp. salt**

**1 c. milk**

**½ c. cheese, diced**

**Few grains cayenne**

**3 egg yolks**

**3 egg whites**

Make white sauce using butter, flour, milk, and seasonings. Stir in cheese and beat until cheese is melted. Remove from range; stir in unbeaten egg yolks. Fold in stiffly beaten egg whites. Pour the mixture into a baking dish. Do not butter the sides and bake in a moderate oven at 350° for 30 to 40 minutes. Serve immediately.

## **PAPA'S PENNE WITH TOMATOES, OLIVES, AND TWO CHEESES**

Erin Enlow

|                                                   |                                                                   |
|---------------------------------------------------|-------------------------------------------------------------------|
| 6 Tbsp. olive oil                                 | 1 lb. penne or rigatoni                                           |
| 1½ c. chopped onion                               | 2½ c. packed, grated Havarti<br>cheese                            |
| 1 tsp. minced garlic                              | ⅓ c. sliced, pitted, brine-<br>cured olives (such as<br>kalamata) |
| 3 (28 oz.) cans Italian plum<br>tomatoes, drained | ⅓ c. grated Parmesan cheese                                       |
| 2 tsp. dried basil                                | ¼ c. finely chopped fresh<br>basil                                |
| 1½ tsp. dried, crushed red<br>pepper              |                                                                   |
| 2 c. canned, low-salt chicken<br>broth            |                                                                   |

Heat 3 tablespoons oil in heavy, large Dutch oven over medium-high heat. Add onion and garlic; saute until onion is translucent, about 5 minutes. Mix in tomatoes, dried basil, and crushed red pepper. Bring to boil, breaking up tomatoes with back of spoon. Add broth; bring to boil. Reduce heat to medium; simmer until mixture thickens to chunky sauce and is reduced to 6 cups, stirring occasionally, about 1 hour 10 minutes. Season with salt and pepper. (Can be made 2 days ahead. Cover and chill. Rewarm over low heat before continuing.) Preheat oven to 375°F. Cook pasta in large pot of boiling, salted water until tender but still firm to bite. Drain well. Return pasta to same pot. Toss with 3 tablespoons oil. Pour sauce over and toss to blend. Mix in Havarti cheese. Transfer pasta to 13x9x2 inch glass baking dish. Sprinkle with olives, then Parmesan. Bake until pasta is heated through, about 30 minutes. Sprinkle with basil. Makes 4 servings.

## **STARR'S PASTA**

Erin Enlow

|                                             |                                                  |
|---------------------------------------------|--------------------------------------------------|
| 2 c. fresh Ricotta cheese                   | ¼ c. olive oil                                   |
| ½ c. oil-cured olives, pitted<br>and minced | 1 lb. fusilli or rigatoni                        |
| 4 scallions, trimmed and<br>chopped         | Salt and freshly ground<br>black pepper to taste |
| ½ c. packed basil leaves                    | Freshly grated Parmesan<br>cheese (for serving)  |
| 2 tomatoes, chopped                         |                                                  |

Place the Ricotta cheese in a large bowl and beat with a fork until smooth. Stir in the olives, scallions, basil, tomatoes, and olive oil. Set aside. Cook the pasta in a large pot of well-salted boiling water until tender; drain. Add the pasta to the sauce mixture and toss. Season with salt and pepper to taste. Serve immediately with grated Parmesan cheese. Serves 4.



## LINGUINE ALLA CARBONARA

Theresa Bindley

4 eggs  
¼ c. whipping cream (or  
half & half)  
¼ c. butter  
½ lb. bacon, chopped

12 oz. linguine  
1 c. grated Parmesan or  
Romano cheese  
3 green onions, chopped

Let eggs, cream, and butter stand at room temperature for 2 to 3 hours. In skillet, cook bacon until brown. Remove and drain on paper towel. Beat together eggs and cream just until blended. Toss pasta with butter. Pour egg mixture over and toss pasta until it's well coated. Add bacon, Romano cheese, and onion; toss to mix. Season to taste with pepper. Serve immediately. Makes 4 main dish or 8 side dish servings.

## FETTUCCINE ALFREDO

Terry Quick

½ c. heavy whipping cream  
3 Tbsp. butter  
8 oz. fettuccine

1 c. freshly grated Parmesan  
cheese  
¼ tsp. nutmeg

Let whipping cream and butter come to room temperature. Cook pasta, drain, and return to warm saucepan. Add Parmesan cheese, whipping cream, and butter. Toss until well coated. Sprinkle with pepper. Serve immediately.

Caution: This is a high fat dish!

## PENNE PASTA ALA DE TAR

Brian De Tar

1 pkg. penne pasta  
4 slices panchetta or bacon  
Mushrooms (crimini or  
white or shitake)  
Marinated artichoke hearts  
Sun-dried tomatoes in olive  
oil (small jar)  
Pine nuts  
2 Tbsp. butter

1 shallot  
Capers (optional)  
1 clove garlic  
Finely grated Asiago cheese  
(or smoked Gouda)  
Paprika  
Tarragon  
⅓ c. Marsala wine  
Cream (optional)

Fill a 5 quart pan about ⅔ full with water and start heating it to boil. No need to add any oil, that will be in the sauce! Open the box (or bag) of pasta and add about 1 tablespoon salt to the pasta (that way the pasta and salt go into the pot at the same time). Fry the bacon until crisp, then set aside on paper towel to drain. Melt butter in small fry pan. Saute shallots until they just start to brown. Add the garlic

and sweat (turns translucent). Add the mushrooms and cook approximately 5 minutes. Add the wine and cook until liquid is reduced by about  $\frac{1}{2}$ . Add the artichoke hearts, tomatoes, paprika, and tarragon and cook about 5 minutes until sauce begins to thicken. At this point, you can put the penne pasta in the pot of boiling water. Taste the sauce and add salt and pepper to taste. If you want a cream sauce, now is the time to add the cream. Reduce the heat to low. When the pasta reaches al dente, drain the pasta and return to pan with a little butter or olive oil. Add the sauce mixture, cheese, bacon, capers, and pine nuts. Return to heat and warm until the cheese just starts melting. Remove from heat and serve in preheated bowls or plates!

## **OUTSTANDING RED SAUCE FOR PASTA**

**Shirley Marquardt**

**$\frac{1}{2}$  c. olive oil**  
 **$1\frac{1}{4}$  tsp. basil**  
 **$\frac{3}{4}$  tsp. red pepper flakes**  
**4 to 5 cloves garlic (put  
through a press)**

**$\frac{1}{2}$  lb. prosciutto, sliced into  
strips**  
 **$1\frac{1}{2}$  c. dry white wine**  
**28 oz. crushed tomatoes in  
puree**

In large, heavy saucepan, combine first five ingredients. Carefully saute over low-medium heat till oil is golden and garlic cooked but not burnt or heavily browned. Add wine and simmer 10 to 12 minutes to evaporate the alcohol. Add tomatoes and simmer, partially covered, about 20 minutes. Season with salt, if needed. Spoon over fresh hot egg fettuccini and sprinkle with grated Parmesan.





# Breads, Rolls



## MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon, 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers, or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: Place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat leftover custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely because it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.



## **BREADS, ROLLS**

### **ALADIKS, FRIED BREAD DOUGH**

**Harriet Hope**

**Rhodes frozen bread dough  
loaves**

**Oil for deep-frying**

Thaw and let rise as per directions on package or make your own bread dough. Heat about 2 cups cooking oil in frying pan. When dough is raised, cut off pieces about egg size. Stretch until flat. Carefully add to hot oil and brown. Drain on paper towel and keep warm. Good with soup or by themselves with butter and jelly or other toppings of your choice.

### **BASIC PUFF RECIPE**

**The Border Family**

**¼ c. Crisco shortening plus  
more to grease cookie  
sheet  
1 c. flour**

**1 c. water  
½ tsp. salt  
4 eggs**

In a medium saucepan, bring Crisco and water to a boil. Add flour, remove from heat, and cool 5 minutes. Add eggs, one at a time, using an electric beater. Drop ½ teaspoon of batter on greased cookie sheet. Bake at 425° for 10 minutes, then reduce heat to 325° for 8 minutes. Cool puffs and fill with your favorite filling! These can be used for cream puffs or as tea sandwiches, filled with chicken salad. Our youngest friends love their puffs filled with peanut butter and jelly for parties. Makes 75 small puffs. They freeze well!

### **BEST EVER IRISH SODA BREAD**

**Dale Kelley**

**4 c. flour  
¼ c. sugar  
1 tsp. salt  
1 tsp. baking powder  
¼ c. butter or margarine**

**2 c. raisins or currants  
1½ c. buttermilk  
1 egg  
1 tsp. baking soda**

Combine flour, sugar, salt, and baking powder. Cut in butter. Mix in raisins. Combine buttermilk, egg, and baking soda. Stir into flour mixture just until moistened. Knead 3 to 5 minutes. Shape into ball and place into casserole. If desired, beat 1 egg yolk with 1 tablespoon cream and brush on top of loaf. Bake at 375° for 1 hour 10 minutes.

## **BISCUITS**

Becky Sheffield

**2 c. all-purpose flour**  
**3 tsp. baking powder**  
**½ tsp. salt**

**½ c. shortening**  
**¾ c. milk**

Heat oven to 450°F. Combine flour, baking powder, and salt. Using a pastry blender, cut shortening into flour until consistency of coarse meal. Add milk. Stir with fork until mixture leaves sides of bowl and forms a soft moist dough. Toss on floured surface until no longer sticky. Roll out ½ inch thick and cut with biscuit cutter. Place on ungreased cookie sheet. Bake for 8 to 12 minutes or until brown.

## **CALZONE DOUGH**

The Border Family

**1 c. wrist-temperature water**  
**1½ tsp. active dry yeast**  
**1 Tbsp. honey or sugar**  
**1½ tsp. salt**  
**2½ to 3 c. flour**  
**Olive oil**

**Polenta (coarse ground corn meal)**  
**Calzone fillings of your choice (shredded cheese, vegetables, meat; approx. 3 c. total)**

Place the water in a medium-sized bowl. Sprinkle in the yeast and stir in the honey or sugar until everything dissolves. Use a whisk to stir in the salt and add the flour, one cup at a time. When it gets too thick to whisk, mix with one floured hand. Knead in bowl for about 5 minutes. (If you are blessed with an electric mixer that has a dough hook, use that to stir in the salt and add the flour, one cup at a time. Continue kneading until dough forms a ball and has a smooth texture.) Place dough in an oiled bowl, cover with a damp cloth, and let rise in a warm place until doubled in bulk (about one hour). Preheat oven to 450°F. Oil a baking sheet. Sprinkle polenta onto baking sheet (it creates airflow under your dough to bake the crust crisper). Punch down the risen dough. Using a pizza cutter, divide into 6 equal sections and roll out on a floured surface into circles ¼ inch thick. Place ½ to ¾ cup of your desired filling (we love shredded Mozzarella cheese with sauteed onions and peppers) onto one half of the circle, leaving a ½ inch rim. Fold over the empty side and crimp the edges with a fork. Use the same fork to poke a few air holes on the top. Arrange the completed calzones on the oiled baking sheet and brush with olive oil. Bake for 15 to 20 minutes or until crisp and lightly browned. Serve hot.



## CARAMEL CINNAMON ROLLS

The Border Family

|                                           |                   |
|-------------------------------------------|-------------------|
| 18 to 20 frozen round dinner rolls        | 1/2 c. butter     |
| Crisco or shortening                      | 1 c. brown sugar  |
| Chopped nuts (pecans or walnuts) to taste | 3/4 tsp. cinnamon |
|                                           | 2 Tbsp. flour     |

Grease a fluted pan (Bundt) well. Place nuts in bottom of pan; use as many nuts as you want. Place 18 to 20 frozen round dinner rolls around pan on top of each other.

In a small saucepan over medium-low heat, melt 1/2 cup butter. Add the following into the saucepan, mixing in one ingredient at a time: 1 cup brown sugar, 3/4 teaspoon cinnamon, and 2 tablespoons flour. Pour over frozen rolls. Do not cover but place pan in a cold oven and let rise overnight. Bake next morning at 350° for 25 to 30 minutes. Remove from oven, place platter or large plate over the top of pan, and flip to remove rolls. Serve warm.

## WHOLE WHEAT BREAD

Mandy Andersen

|                             |                     |
|-----------------------------|---------------------|
| 2 env. yeast (2 Tbsp.)      | 1/4 c. wheat gluten |
| 3 1/2 c. milk               | 3 c. white flour    |
| 1/2 c. honey                | 1 1/4 Tbsp. salt    |
| 2 to 3 c. rolled oats       | 2 Tbsp. butter      |
| 5 to 6 c. whole wheat flour |                     |

Proof the 2 envelopes of yeast in warm water. Mix 3 1/2 cups milk and 1/2 cup honey and heat to warm. In large bowl, combine all dry ingredients to equal approximately 10 to 11 cups. Slowly stir liquid into dry ingredients. Knead until holds together. Sprinkle salt over all and drop butter, cubed into small pieces, onto partially kneaded dough. Continue kneading until smooth and satiny. Let rise in covered bowl. Shape and bake at 350° until sounds hollow on bottom of pan.

## CORN BREAD

Becky Sheffield

|                        |               |
|------------------------|---------------|
| 1 c. all-purpose flour | 1/2 tsp. salt |
| 1 c. yellow cornmeal   | 2 eggs        |
| 4 Tbsp. sugar          | 1 c. milk     |
| 1 Tbsp. baking powder  | 1/4 c. oil    |

Preheat oven to 425°F. Mix together flour, cornmeal, sugar, baking powder, and salt. In another bowl, beat together eggs, milk, and oil. Add to flour mixture and stir just till batter is smooth. Don't overmix. Pour into greased 9x9x2 inch baking pan. Bake for 20 to 25 minutes or till golden brown. Serves 8 to 9.

## CRANBERRY ALMOND BISCOTTI

Linda Ellsworth

Preheat oven to 350°.

2¼ c. flour  
1 c. sugar  
1 tsp. baking powder  
½ tsp. baking soda  
2 eggs  
2 egg whites

1 tsp. vanilla or almond  
extract  
¾ c. sliced almonds  
1 c. sweetened dry  
cranberries

Combine dry ingredients in medium-size bowl. In smaller bowl, whisk eggs, egg whites, and vanilla or almond extract. Combine egg mixture with dry mix until just moist. Add cranberries and almond. Caution: Don't mix too much. Shape into a log. Bake for 30 minutes. Cool on rack. Reduce oven to 300°. Cut log into ½ slices. Return to cookie sheet and cook until toasted, 20 to 30 minutes.

## DONUT MUFFINS

Linda Ellsworth

⅓ c. vegetable oil  
½ c. sugar  
1 egg  
1.5 c. flour  
2 tsp. baking powder

½ tsp. salt  
¼ tsp. freshly ground  
nutmeg  
½ c. milk

Topping:

½ c. sugar  
½ cube butter, melted

1.5 tsp. cinnamon

Cream oil, sugar, and egg. Sift together flour, baking powder, salt, and nutmeg. Add to creamed mixture alternately with milk. Fill greased muffin tin and bake for 20 to 25 minutes in preheated 375° oven. Remove immediately from pan. Roll in melted butter, then roll in cinnamon sugar. Serve warm.

## FRUIT STUFFED FRENCH TOAST

Harriet Hope

1 pt. strawberries or fruit of  
your choice  
2 tsp. sugar  
1 large loaf French or  
Italian bread (unsliced)  
1 (8 oz.) pkg. cream cheese,  
cut in slices

8 eggs  
1½ c. milk  
1 tsp. almond extract or  
vanilla  
Oil for browning  
Maple syrup for serving



Prepare strawberries or other fruit by slicing, etc. Add sugar in a bowl. Cut bread in 1½ inch thick slices; cut a deep pocket from top on each. Insert 1 piece sliced cream cheese and a few slices strawberries or other fruit. Arrange slices in jelly roll pan. Mix eggs, milk, and almond extract and pour over bread evenly. Cover and refrigerate up to 12 hours. Brown in oil and bake for 15 to 20 minutes. Serve with syrup.

## **GARLIC CHEESE BREAD**

### **CRUMBS**

**Chef Chris Starkenberg**  
**Gryfalcon, Tug**

**2½ c. fresh grated bread  
crumbs**  
**1 minced clove garlic**  
**½ cube butter**  
**1 Tbsp. minced parsley**

**2 Tbsp. finely grated cream  
cheese**  
**1 Tbsp. grated Parmesan  
cheese**

Melt butter in saucepan and gentle warm with minced garlic. After warming for about five minutes, remove from heat and let cool to room temperature. In mixing bowl, add remaining ingredients and while mixing, slowly drizzle in the garlic butter until everything is blended. You must refrigerate any unused portion.

## **KULICH OR PASKA BREAD**

**Maria Turnpaugh**

**4 c. flour**  
**1 Tbsp. dried yeast**  
**1 c. milk**  
**½ c. sugar**  
**3 eggs**  
**1 stick butter**  
**½ tsp. salt**

**½ c. raisins**  
**½ c. dried fruit**  
**1 tsp. cardamom**  
**½ tsp. cinnamon**  
**½ tsp. saffron**  
**¼ tsp. nutmeg**

Warm the milk to body temperature. Sprinkle on the yeast and 1 teaspoon of sugar. Add 2 cups of the flour and allow it to get frothy. Cream the butter and sugar, then beat in the eggs, one at a time. Add the yeast mixture. Add the rest of the flour and the salt. Add spices and raisins and dried fruit, if using. Knead until the dough is smooth and elastic. Cover it and allow it to rise until double in size. Place into well greased pan. Let rise again. Bake at 375° for 20 to 30 minutes until golden brown. Cool on rack.

You may omit the spices and use 1 teaspoon vanilla instead. The raisins and dried fruit are also optional. A coffee can is good to use to bake in. Dough should half fill can. Bake when it rises to top of can.

### **LEMON ALMOND BISCOTTI**

Linda Ellsworth

**2½ c. all-purpose flour**

**1 tsp. baking powder**

**½ tsp. baking soda**

**1 tsp. salt**

**4 large eggs**

**¾ c. sugar**

**1 Tbsp. lemon zest**

**1½ tsp. fresh lemon juice**

**1 c. almonds or macadamia  
nuts, toasted**

Preheat oven to 325°. Line a baking tray with parchment paper. Sift together first 4 ingredients. In a separate bowl, beat eggs and sugar until light in color. Beat in zest and lemon juice. Slowly add dry ingredients to the egg mixture. Add nuts. Turn dough onto lightly floured surface and knead until smooth, about 2 minutes. Do not over-work dough. Divide the dough in half, shaping into 2 logs. Bake for about 30 minutes or until golden brown. Remove from oven and allow to cool completely. Reduce oven to 300°. Cut logs into ½ inch slices. Return to baking sheet and cook until toasted, about 20 to 30 minutes.

### **LINDA'S SOURDOUGH BREAD**

Linda Ellsworth

Preheat oven to 400°.

**1½ c. sourdough start**

**¾ c. warm (not hot) water**

**1 Tbsp. yeast**

**4 Tbsp. sugar**

Stir once. Let sit till foamy.

Add:

**1 c. undiluted evaporated  
milk**

**2 eggs (cakier texture with  
eggs; optional)**

**¼ c. oil**

**4 c. flour**

Mix till very smooth and elastic with bread hook. Add 1 cup flour with 1 teaspoon salt, mixed into flour. Continue adding flour, 1 cup at a time, till dough is no longer sticky, approximately 7 cups of flour. Let rise till double. Punch down. Shape into 3 loaves. Bake at 400° for 30 to 40 minutes. Makes 3 loaves.



## **BLUEBERRY SOUR CREAM MUFFINS**

**Vicki Peck**

4 eggs, beaten  
2 c. sugar  
1 c. vegetable oil  
1 tsp. vanilla  
4 c. flour  
1 tsp. salt

1 tsp. baking soda  
2 tsp. baking powder  
2 c. sour cream  
2 c. fresh (or floured, frozen)  
blueberries

In a large bowl, combine beaten eggs and sugar. Add oil and vanilla. Mix. In a separate bowl, combine the flour, salt, baking soda, and baking powder. Add dry ingredients slowly to egg mixture. Fold in sour cream and then the blueberries gently. Spoon batter into paper-lined muffin cups or greased muffin tin, filling each cup to approximately  $\frac{2}{3}$  full. Top with sugar. Bake in a 400°F. oven for 20 minutes. Makes about 18 large muffins.

## **MOLASSES CORN BREAD**

**Dale Kelley**

$\frac{1}{2}$  c. shortening  
 $\frac{1}{2}$  c. sugar  
2 eggs  
 $\frac{1}{2}$  c. molasses  
1 c. milk

1 c. flour  
3 tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  c. yellow corn meal  
 $1\frac{1}{2}$  c. All-Bran (not flakes)

Cream shortening and sugar. Beat in eggs, one at a time. Stir in molasses and milk. Sift together flour, baking powder, and salt. Stir in corn meal and bran. Add to creamed mixture, stirring just till blended. Pour into greased 9x9x2 inch baking pan. Bake at 375° for about 30 minutes. Cut in squares.

## **MONKEY BREAD**

**Maren Sunderland**

$1\frac{2}{3}$  c. sugar  
 $\frac{2}{3}$  c. butter or margarine  
 $\frac{1}{2}$  tsp. nutmeg

2 tsp. cinnamon  
4 tubes refrigerator biscuits  
(10 per pkg.)

Preheat oven to 350°F. Grease a Bundt or tube pan with vegetable oil or cooking spray. Mix cinnamon and nutmeg with  $\frac{2}{3}$  cup sugar in gallon size Ziploc. Cut each biscuit into 4 pieces. Put them in sugar-nutmeg bag and shake! Place coated biscuit pieces in the greased pan. Melt butter in saucepan over low heat. Add 1 cup sugar and bring to boil, stirring constantly. Boil for 1 minute. Pour butter mixture over biscuits. Bake for 40 to 45 minutes. Immediately turn over pan onto a serving plate.

## NAAN BREAD

Rosie Glorso

- 2/3 c. warm water (110°F. to 115°F. or 45°C.)**
- 1 tsp. active dry yeast (1 packet; I like to use the RapidRise type)**
- 1 Tbsp. sugar or honey**
- 2 c. all-purpose flour (plus more for kneading)**

- 1 tsp. salt**
- 1/4 c. ghee (liquid clarified butter; if not available, use 1/4 c. regular butter that has been melted; plus additional for brushing)**
- 2 Tbsp. sour cream or plain yogurt**

In a small bowl, whisk together the warm water with the yeast and sugar/honey until blended. I recommend using a candy thermometer to measure the temperature of the water before you start. If it's not warm enough, the yeast will not work as effectively but beware because if the water is too hot, it will kill the yeast. Set aside the covered yeast bowl in a warm place for 10 to 15 minutes or until nice and foamy. Sift the flour and salt into a large bowl. Add the yeast mixture, half of the ghee/melted butter, and all of the yogurt. Mix into a soft dough with a wooden spoon, then turn onto a floured surface and knead for 5 minutes or until smooth, adding flour as necessary. Clean out your large mixing bowl and then grease the bowl. Shape the dough into a large ball, place in the bowl, and cover. Place the covered bowl in a warm place and let rise 1 hour or until doubled in size. Punch down the dough and knead for 5 minutes. Divide dough into 6 pieces. Shape each piece into a flat 8 inch round. Brush each piece of dough with ghee or melted butter. Cover and let rest for 5 to 15 minutes while the oven is heating. Turn your oven to maximum heat; that's right, redline that sucker! Cover an oven tray with foil and heat the oven tray while the naan are resting. You can also use a baking stone but only cook 1 tray at a time to allow air to circulate in the oven. When the oven has come up to temperature, carefully remove the hot tray or baking stone, place the greased naan on the hot tray, and bake until light golden brown. Watch them carefully so they don't burn. I like to turn the oven light on and chill in front of the oven with a magazine while I check on the naan. If you're using a convection oven, then I have no idea how that will affect the recipe; keep a close eye on them. Brush with more butter and serve hot.

## ORIGINAL RANCH GRILLED BREAD

Maria Turnpaugh

- 1 (1 oz.) packet Hidden Valley Original Ranch dressing mix**

- 1/2 c. butter**
- 2 loaves French bread, cut in half lengthwise**



Soften butter and stir in dressing mix. Spread on bread. Grill or broil until golden. Makes 2 loaves.

**Mozzarella Bread Variation:** Sprinkle  $\frac{1}{2}$  cup shredded Mozzarella cheese on top before grilling or broiling. (For smaller batch, spread only half of butter mixture on one loaf of bread. Refrigerate remaining mixture for later use.)

## **OVERNIGHT BLUEBERRY FRENCH TOAST WITH BLUEBERRY SAUCE**

**Belinda Sunderland  
for Valerie Rozzi**

**12 slices day-old white  
bread, crusts removed (I  
used French toast bread)  
2 (8 oz.) pkg. cream cheese  
1 c. fresh or frozen  
blueberries**

**12 eggs  
1 c. milk  
 $\frac{1}{3}$  c. maple syrup**

Sauce:

**1 c. sugar  
2 Tbsp. cornstarch  
1 c. water**

**1 c. blueberries  
1 Tbsp. butter**

Cut bread into 1 inch cubes; place half in a greased 13x9x2 inch baking dish. Cut cream cheese into 1 inch cubes; place over bread. Top with blueberries and remaining bread. In a large bowl, beat eggs. Add milk and syrup; mix well. Pour over bread mixture. Cover and chill 8 hours or overnight. Remove from the refrigerator 30 minutes before baking. Cover and bake at 350°F. for 30 minutes. Uncover; bake for 25 to 35 minutes more or till golden brown and center is set.

In a saucepan, combine sugar and cornstarch. Add water. Bring to a boil over medium heat; boil for 3 minutes, stirring constantly. Stir in blueberries; reduce heat. Simmer 8 to 10 minutes. Stir in butter. Serve over French toast.

## **PERFECTLY PLAIN POPOVERS** **Belinda Sunderland**

**1 c. all-purpose flour  
 $\frac{1}{4}$  tsp. salt or to taste  
2 or 3 large eggs**

**1 c. milk or buttermilk  
1 Tbsp. melted butter or oil**

Preheat oven to 375°F. Lightly butter or oil popover cups or other ovenproof cups. Sift flour and salt into a mixing bowl. Beat eggs with milk and melted butter. Pour into flour and beat until smooth, about 2 minutes with mixer. Batter should have consistency of heavy cream. Pour into cups, filling about ½ full. Bake at 375°F. for 50 minutes if large or for 40 to 45 minutes if small. Makes 6 large or 9 small popovers.

**Cheese popovers:** To the basic batter, add 1 cup grated cheese and use 4 eggs.

**Crab popovers:** To the basic batter, add ½ cup shredded crabmeat.

**Nutty popovers:** To the basic batter, add ½ cup ground nuts of choice.

**Dessert popovers:** To the basic batter, add ½ to 1 teaspoon vanilla extract or ½ teaspoon vanilla and ½ teaspoon other flavoring of your choice. If desired, add 1 to 2 tablespoons sugar. Increase number of eggs to 4 to 6. Serve filled with sugared fresh fruit.

## **BANANA MUFFINS**

**Maria Turnpaugh**

Heat oven to 350°.

1 c. sugar  
1 c. Crisco  
6 ripe bananas  
4 eggs

2½ c. flour  
1 tsp. salt  
2 tsp. baking soda

Cream sugar and Crisco. Add mashed bananas and beaten eggs. Stir flour, salt, and baking soda and add to batter. Do not overmix. Pour into greased muffin pans or bread pan. Bake muffins for 20 to 25 minutes or bread for approximately 1 hour. Test with toothpick.

## **PRIZE WINNING BLUEBERRY SCONES**

**Linda Ellsworth**

Preheat oven to 425°.

2 c. flour  
½ c. sugar  
1 Tbsp. baking powder  
½ tsp. salt  
½ stick (½ c.) cold butter,  
cut in pieces  
½ c. "drained" blueberries  
(canned or frozen), thawed

1 large egg  
½ c. cream (or half & half)  
1 tsp. zest (lemon or orange)  
2 to 3 tsp. cream  
3 tsp. (approx.) cinnamon  
sugar mixture



Mix dry ingredients together. Cut cold butter into flour mixture (with fork or pastry cutter) until it looks like rice. Add *drained* blueberries. Mix egg, milk, and zest. Add to dry ingredients (with blueberries). Mix only until dough is moistened. Shape to ball. Drop on lightly floured surface, flatten, and cut into triangles. Put on cookie sheet. Brush with cream and sprinkle with cinnamon sugar. Bake for 10 to 12 minutes. Serve with clotted cream and lemon curd found in jelly department.

Clotted Cream:

**½ c. sour cream**

**½ c. cream cheese**

Mix till smooth.

## **POPPY SEED BREAD**

**Vicki Peck**

**4 eggs, beaten**

**1½ c. oil**

**1½ c. milk**

**2 c. sugar**

Add:

**3 c. flour**

**1½ tsp. almond extract**

**1½ tsp. salt and baking  
powder**

**1½ tsp. butter flavor**

**1½ tsp. vanilla**

**1½ Tbsp. poppy seeds (I like  
2 to 3 Tbsp.)**

Bake at 350° for 40 to 45 minutes.

Glaze while still warm with:

**½ c. frozen lemonade**

**1 tsp. almond flavor**

**concentrate, thawed**

**1 tsp. butter flavor**

**1½ to 2 c. powdered sugar**

**1 tsp. vanilla**

Makes 2 regular loaves, 3 small, or 4 tiny loaf pans.

## **BROWN SUGAR SHORTBREAD**

**Vicki Peck**

**1 c. cold butter**

**2 c. flour**

**1 c. brown sugar**

**2 tsp. vanilla**

Mix with bread paddle on Kitchen Aid. It is a very stiff dough. Knead if necessary. Bake at 325° for 30 to 35 minutes. Can be made into balls and flattened or rolled out and cut like sugar cookies.

## PUMPKIN CRANBERRY BREAD

Joan Flowers

- |                                       |                                                     |
|---------------------------------------|-----------------------------------------------------|
| 3 c. flour                            | 1 (15 oz.) can pure pumpkin                         |
| 1 Tbsp. plus 2 tsp. pumpkin pie spice | 4 large eggs                                        |
| 2 tsp. baking soda                    | 1 c. vegetable oil                                  |
| 1½ tsp. salt                          | ½ c. orange juice or water                          |
| 3 c. sugar                            | 1 c. sweetened, dried, fresh, or frozen cranberries |

Preheat oven to 350°. Combine flour, spice, baking soda, and salt in a large bowl. Combine sugar, pumpkin, eggs, oil, and juice in small mixer bowl; beat until just blended. Add pumpkin mixture to flour mixture; stir just until moistened. Fold in cranberries. Spoon batter into 5 greased and floured 5x3 inch disposable loaf pans. Bake for 50 to 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes, then remove to wire racks to cool.

## PUMPKIN BREAD

Maria Turnpaugh

- |                      |                     |
|----------------------|---------------------|
| 3 c. flour           | ½ c. nuts           |
| 1 tsp. salt          | 1¼ c. oil           |
| 2 tsp. soda          | 2 c. sugar          |
| 2 tsp. baking powder | 2 eggs, beaten      |
| 2 tsp. cinnamon      | 3 c. canned pumpkin |

Heat oven to 350°. Sift dry ingredients together. Combine oil and sugar. Mix ingredients into sugar and oil. Add eggs, nuts, and pumpkin. Pour into greased loaf pans. Bake for about 55 minutes.

## SOURDOUGH PUMPERNICKEL

Ruth Allman

- |                                          |                        |
|------------------------------------------|------------------------|
| 2 c. sourdough                           | 4 c. rye flour         |
| 2 pkg. yeast                             | 1 c. whole wheat flour |
| ½ c. molasses                            |                        |
| ⅔ c. corn meal (fill with boiling water) |                        |

Dissolve yeast in ¼ cup water (warm); mix into sourdough with molasses, oil, and cornmeal (semi-solid consistency). Work in rye and whole wheat flour. Add extra, if necessary. Place dough in well greased bowl. Cover with damp cloth and let stand 3 hours. Poke down. Knead down 2 times. Form in loaves. Keep warm until double in bulk. Bake in 350° oven for 1½ hours. Remove from pan. Rub with butter. Return to oven for 20 minutes, making tender crust. (Makes 1 loaf.)



## **WHEAT GERM MUFFINS**

**Linda Ellsworth**

**1½ c. sifted flour**

**½ c. sugar**

**3 tsp. baking powder**

**1 tsp. cinnamon**

**½ tsp. nutmeg**

**½ tsp. salt**

**¾ c. wheat germ**

**2 eggs, slightly beaten**

**1 c. thick applesauce**

**½ c. milk**

**¼ c. melted shortening**

Mix first 6 ingredients together. Stir in wheat germ. Combine eggs, applesauce, milk, and shortening and add to dry ingredients. Stir until just moistened. Bake at 400° for 18 minutes.



# *Desserts*





# Common Baking Dishes and Pans



**Spring  
Form Pan**



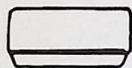
**Layer Cake  
or Pie Pan**



**Ring Mold**



**Baking or  
Square Pan**



**Loaf Pan**



**Brioche  
Pan**



**Angel Cake  
Pan**



**Bundt  
Tube**

## Equivalent Dishes

### 4-CUP BAKING DISH

- = 9" pie plate
- = 8" x 1 1/4" layer cake pan
- = 7 3/8" x 3 5/8" x 2 1/4" loaf pan

### 6-CUP BAKING DISH

- = 8" or 9" x 1 1/2" layer cake pan
- = 10" pie pan
- = 8 1/2" x 3 5/8" x 2 5/8" loaf pan

### 8-CUP BAKING DISH

- = 8" x 8" x 2" square pan
- = 11" x 7" x 1 1/2" baking pan
- = 9" x 5" x 3" loaf pan

### 10-CUP BAKING DISH

- = 9" x 9" x 2" square pan
- = 11 3/4" x 7 1/2" x 1 3/4" baking pan
- = 15" x 10" x 1" flat jelly roll pan

### 12-CUP BAKING DISH OR MORE

- = 13 1/2" x 8 1/2" x 2" glass baking dish
- = 13" x 9" x 2" metal baking pan
- = 14" x 10 1/2" x 2 1/2" roasting pan

## Total Volume of Pans

### TUBE PANS

|                                 |         |
|---------------------------------|---------|
| 7 1/2" x 3" Bundt tube          | 6 cups  |
| 9" x 3 1/2" fancy or Bundt tube | 9 cups  |
| 9" x 3 1/2" angel cake pan      | 12 cups |
| 10" x 3 3/4" Bundt tube         | 12 cups |
| 9" x 3 1/2" fancy tube mold     | 12 cups |
| 10" x 4" fancy tube mold        | 16 cups |
| 10" x 4" angel cake pan         | 18 cups |

### SPRING FORM PANS

|             |         |
|-------------|---------|
| 8" x 3" pan | 12 cups |
| 9" x 3" pan | 16 cups |

### RING MOLDS

|                      |            |
|----------------------|------------|
| 8 1/2" x 2 1/4" mold | 4 1/2 cups |
| 9 1/4" x 2 3/4" mold | 8 cups     |

### BRIOCHE PAN

|                     |        |
|---------------------|--------|
| 9 1/2" x 3 1/4" pan | 8 cups |
|---------------------|--------|

## DESSERTS

### RASPBERRY MOCHA BUNDT CAKE Linda Ellsworth

Sift together in large mixing bowl:

- |                          |                         |
|--------------------------|-------------------------|
| 1 c. cocoa               | 2 tsp. baking soda      |
| 1 $\frac{3}{4}$ c. flour | 1 tsp. baking powder    |
| 2 c. sugar               | $\frac{1}{2}$ tsp. salt |

In a small bowl, mix:

- |                                        |                                   |
|----------------------------------------|-----------------------------------|
| 1 c. buttermilk                        | 3 eggs                            |
| $\frac{1}{4}$ c. melted butter, cooled | 2 tsp. vanilla                    |
| 1 c. strong coffee                     | $\frac{1}{4}$ c. raspberry liquor |

Mix wet ingredients with dry in the large bowl with mixer until smooth. Put in greased and with cocoa Bundt pan. Bake at 350° for 30 minutes or until done. Cool on tray. Cover with chocolate glaze.

### CHOCOLATE GLAZE

Linda Ellsworth

- |                                                           |                          |
|-----------------------------------------------------------|--------------------------|
| 1 $\frac{1}{2}$ c. heavy cream                            | 1 $\frac{1}{2}$ c. sugar |
| 1 $\frac{1}{2}$ Tbsp. honey or corn<br>syrup              | 3 Tbsp. butter           |
| 1 $\frac{1}{2}$ c. cocoa or semi-sweet<br>chocolate chips | 2 Tbsp. vanilla          |

Mix all ingredients together in saucepan. Bring to boil, stirring constantly. Boil 2 minutes. Take off stove and let cool about 15 minutes.

### COCOA ANGEL FOOD CAKE

Maria Turnpaugh

- |                                              |                                                          |
|----------------------------------------------|----------------------------------------------------------|
| 1 $\frac{1}{2}$ c. egg whites (about 12)     | 1 tsp. vanilla extract                                   |
| $\frac{3}{4}$ c. sifted, unbleached flour    | $\frac{1}{2}$ c. honey                                   |
| $\frac{1}{4}$ c. unsweetened cocoa<br>powder | Fresh raspberries,<br>strawberries, or sliced<br>peaches |
| 1 tsp. cream of tartar                       |                                                          |

Place the egg whites in a 5 or 6 quart bowl and let stand at room temperature for 30 minutes. Meanwhile, sift the flour and cocoa together four times. Set the flour mixture aside. Using an electric mixer, beat the egg whites on high speed until foamy. Add the cream of tartar and vanilla extract. Beat on medium speed until the egg whites form soft peaks. Add the honey, 1 tablespoon at a time, and continue beating



on medium speed until the egg whites form stiff peaks but are not dry. Sift one-quarter of the flour mixture over the egg whites and fold in using a wire whisk or large spatula. Repeat sifting one-quarter of the flour mixture over the egg whites and folding it in three more times. Spoon the batter into an ungreased 10 inch tube pan with a removable bottom. Use a thin knife to cut through the batter to remove large air pockets. Bake at 350°F. until the cake springs back when lightly touched, 30 to 35 minutes. Invert the pan onto a wire rack and let the cake cool for at least 1½ hours. Remove the cake from the pan. When cool, slice the cake and serve with the fresh fruit. Makes 12 servings.

### **APPLESAUCE CAKE**

**Becky Sheffield**

- |                       |                      |
|-----------------------|----------------------|
| 1 c. butter, softened | 1 tsp. cloves        |
| 2 c. sugar            | 1 tsp. baking powder |
| 2 c. applesauce       | 1 tsp. baking soda   |
| 4 eggs                | 1 tsp. water         |
| 2 tsp. cinnamon       | 1 c. chopped walnuts |
| 3 c. flour            | 1 box raisins        |
| 1 tsp. nutmeg         |                      |

Cream butter and sugar. Add applesauce and eggs. Mix well. Add flour, cinnamon, nutmeg, cloves, and baking powder; mix well. Dissolve baking soda in water and add to batter. Mix. Stir in nuts and raisins. Pour into a greased tube pan. Bake at 350°F. for 1 hour or until done. Remove from pan and cool.

### **BANANA-PECAN BUNDT CAKE**

**Joan Flowers**

- |                           |                        |
|---------------------------|------------------------|
| ¾ c. shortening           | 1 tsp. vanilla extract |
| 3 c. all-purpose flour    | ½ tsp. salt            |
| 2 c. sugar                | ½ tsp. baking soda     |
| 2 c. mashed ripe bananas  | 4 large eggs           |
| 1 c. plain low fat yogurt | 2 c. chopped pecans    |
| 1 Tbsp. baking powder     |                        |

Preheat oven to 350°. Grease and flour 10 inch Bundt pan. In a large bowl, beat sugar and shortening on low speed until blended. Add flour and remaining ingredients except for pecans; beat until well mixed, constantly scraping bowl with rubber spatula. Increase mixer speed to high; beat 2 minutes, stirring occasionally. Stir in pecans. Spoon batter into Bundt pan. Bake for 65 to 70 minutes until toothpick inserted into cake comes out clean. Cool 10 minutes. Remove from pan. Cool completely, then sprinkle with confectioners sugar.

## CINNAMON PECAN BUNDT CAKE

Vicki Peck

1 yellow or white cake mix  
Small pkg. instant vanilla  
pudding  
4 eggs  
 $\frac{1}{2}$  c. oil

1 c. cold water  
 $\frac{2}{3}$  c. sour cream or yogurt  
1 tsp. vanilla  
2 tsp. butter extract

Sugar Mixture:

$\frac{1}{2}$  c. sugar  
 $\frac{1}{2}$  c. pecans

4 tsp. cinnamon

Combine all ingredients. Pour  $\frac{1}{3}$  mixture into greased Bundt pan. Sprinkle sugar nut mixture. Repeat twice and swirl in. Bake at 350° for 50 to 55 minutes. Let stand 10 minutes.

## PUMPKIN CREAM CHEESE ROLL-UP

Sandy Lamoreaux

$\frac{3}{4}$  c. flour  
1 tsp. baking powder  
2 tsp. cinnamon  
1 tsp. pumpkin pie spice  
 $\frac{1}{2}$  tsp. nutmeg

$\frac{1}{2}$  tsp. salt  
3 eggs, slightly beaten  
1 c. sugar  
 $\frac{2}{3}$  c. canned pumpkin  
1 c. chopped nuts

Cream Cheese Filling:

1 c. powdered sugar  
1 (8 oz.) cream cheese

6 Tbsp. margarine  
1 tsp. vanilla

Preheat oven to 350°. Grease a jelly roll pan and line with waxed paper; grease and flour the pan. Sift flour, baking powder, cinnamon, pumpkin pie spice, nutmeg, and salt. Beat eggs and sugar in large bowl until thick and fluffy. Beat in pumpkin. Stir in sifted dry ingredients. Pour into pan. Sprinkle batter with nuts. Bake at 375° for 15 minutes. Loosen cake around edges with knife. Invert onto clean cloth, dusted with powdered sugar. Peel off waxed paper. Trim  $\frac{1}{4}$  inch from all sides. Roll up cake and towel together, placing seam down. Cool completely. Unroll and fill with filling. Reroll and chill.



## GINGERBREAD

Becky Sheffield

1½ c. all-purpose flour  
¾ tsp. cinnamon  
¾ tsp. ginger  
½ tsp. baking powder  
½ tsp. baking soda  
½ tsp. allspice

¼ tsp. salt  
½ c. brown sugar  
½ c. shortening  
½ c. boiling water  
½ c. molasses  
1 egg, slightly beaten

Heat oven to 350°F. Grease bottom only of 9 or 8 inch square pan. Combine first 7 ingredients. Add remaining ingredients. Blend well. Pour batter into pan. Bake for 25 to 35 minutes. Serve with whipped cream or lemon sauce. Serves 9.

## TOMATO SOUP CAKE

Maria Turnpaugh

1½ c. white sugar  
¾ c. shortening  
1 c. tomato soup  
¾ c. water  
3 scant c. flour  
1 tsp. soda

3 tsp. baking powder  
1 tsp. nutmeg  
1 tsp. cinnamon  
½ tsp. salt  
1 tsp. vanilla

Spread or frost cake with cream cheese icing. Bake at 350°. Test with toothpick, approximately 25 minutes.

## CHAMPAGNE CAKE

Maria Turnpaugh

Yellow cake mix

Bake as directed at 350° in a 9x12 inch greased pan for 15 to 20 minutes. Cool.

Beat 1 large vanilla instant pudding in 2½ cups cold milk. Add 1 large (8 ounce) cream cheese (softened all night). Beat until smooth. Blend well. Spread mixture on top of cake. Spread 1 large can of crushed pineapple (drain very well) over pudding. If desired, spread a large container of Cool Whip over top. Keep cake in the fridge. Can be frozen.

## PUDDING CAKE

Becky Sheffield

½ c. sugar  
3 eggs  
⅓ c. oil  
1 tsp. salt  
1 tsp. baking soda

1 tsp. baking powder  
1 c. milk  
Flour  
2 c. fruit (strawberries,  
cherries, or blackberries)

Mix together sugar and oil. Add eggs; mix well. Add salt, baking soda, and baking powder; mix. Add milk; mix. Add fruit and gently stir in. Add enough flour to make a fairly stiff batter. Pour into a greased and floured 9x13 inch pan. Bake at 350°F. for 35 to 40 minutes. I serve it with milk or cream poured over the cake.

### **POUND CAKE**

**Tammy Peterson**

**3 sticks butter**  
**8 oz. cream cheese**  
**3 c. sugar**

**6 eggs**  
**3 c. flour**  
**1 tsp. vanilla**

Cream together butter, cream cheese, and sugar. Add eggs, flour, and vanilla. Bake at 325° for 1 to 1¼ hours in two greased bread pans.

### **LOW FAT CRAZY CAKE**

**Sharon O'Malley**

**1½ c. flour**  
**1 c. sugar**  
**3 Tbsp. unsweetened cocoa powder**  
**½ tsp. salt**

**3 Tbsp. vegetable oil**  
**1 Tbsp. white vinegar**  
**1 tsp. vanilla**  
**1 c. cold water**  
**1 tsp. baking soda**

Preheat oven to 350°. Sift flour, sugar, cocoa, baking soda, and salt into an ungreased 8x8 inch glass baking dish. Make 3 depressions in the dry ingredients. Pour oil into one, vinegar into one, and vanilla into one. Pour water over all and mix thoroughly with a fork to moisten all dry ingredients. Bake for 30 minutes or until toothpick inserted in the center comes out clean. You may dust with powdered sugar if you like.

### **CUBAN RUM CAKE**

**Belinda Sunderland**

**½ c. pecans, chopped**  
**1 box yellow cake mix with pudding**  
**1 small box instant vanilla pudding**

**½ c. water**  
**½ c. vegetable oil**  
**4 eggs**  
**½ c. light rum**

For Glaze:

**1 c. sugar**  
**1 stick butter**

**¼ c. rum**  
**¼ c. water**

Preheat oven to 325°F. Grease and flour Bundt or tube pan. Sprinkle pecans evenly on bottom. Using a large mixing bowl, combine cake



mix and pudding mix. Add rum and water, oil, and eggs and blend. Mix on medium for 2 minutes. Pour evenly into pan and bake for 50 to 60 minutes. Test for doneness. Let cool in pan.

Prepare Hot Rum Glaze: Combine all ingredients in small pot and boil 2 to 3 minutes. Make sure cake will come out of pan but keep in the pan. Pour hot glaze slowly over cake until absorbed. Let sit 5 to 10 minutes. Remove from pan.

Substitutions: Coconut for pecans or dark rum for light.

## **MAMA'S ORANGE KISS ME CAKE**

Linda Ellsworth

|                                                             |                               |
|-------------------------------------------------------------|-------------------------------|
| $\frac{1}{2}$ c. concentrated orange juice (frozen), thawed | $\frac{1}{2}$ c. shortening   |
| 2 c. regular flour                                          | $\frac{1}{2}$ c. milk         |
| 1 c. sugar                                                  | 2 eggs                        |
| 1 tsp. soda                                                 | 1 c. raisins                  |
| 1 tsp. salt                                                 | $\frac{1}{3}$ c. chopped nuts |

Combine orange juice with remaining ingredients in bowl. Beat 3 minutes at medium speed. Bake at 350° for 40 to 45 minutes. Use 13x9 inch pan. Drizzle remaining orange juice over warm cake.

Sprinkle with:

|                        |                 |
|------------------------|-----------------|
| $\frac{1}{3}$ c. sugar | 1 tsp. cinnamon |
| $\frac{1}{4}$ c. nuts  |                 |

## **HARRIET'S BETTER THAN PUMPKIN PIE CAKE**

Laura Leasure

|                            |                                  |
|----------------------------|----------------------------------|
| Large (28 oz.) can pumpkin | $\frac{1}{2}$ tsp. ground cloves |
| 2 c. milk                  | 1 tsp. ground ginger             |
| 6 large eggs               | 1 (18 oz.) pkg. yellow cake mix  |
| $1\frac{1}{2}$ c. sugar    | 1 stick butter                   |
| 1 tsp. salt                | $\frac{1}{2}$ c. nuts, chopped   |
| 2 tsp. ground cinnamon     |                                  |

Preheat oven to 350°. In mixer bowl, combine pumpkin, milk, eggs, sugar, salt, and spices. Beat at medium speed until blended. Pour into 9x12 inch cake pan. In separate bowl, cut butter into cake mix until crumbly. Sprinkle over pumpkin mixture. Top with chopped nuts. Bake until crumbs are golden, about 50 minutes to 1 hour.

## SELF-FILLED CUPCAKES

Laura Leasure

1 (8 oz.) pkg. cream cheese  
 $\frac{1}{3}$  c. sugar  
1 egg

6 oz. pkg. chocolate chips  
Chocolate cake mix and  
ingredients for same

Mix cream cheese with sugar and egg and dash of salt. Stir in chocolate chips. Set aside.

Mix cake as directed on package. Fill cupcake tin with cake mixture  $\frac{3}{4}$  full. Drop 1 teaspoon filling in each cup. Bake as directed on package. Can frost, if desired, but not necessary.

## APPLESCOTCH PIE

Harriet Hope

5 c. pared and sliced apples  
1 c. brown sugar, packed  
 $\frac{1}{4}$  c. water  
1 Tbsp. lemon juice  
 $\frac{1}{4}$  c. all-purpose flour  
2 Tbsp. granulated sugar

$\frac{3}{4}$  tsp. salt  
1 tsp. vanilla  
3 Tbsp. butter  
Pastry for 9 inch two crust  
pie

Pie Crust:

2 c. all-purpose flour  
1 tsp. salt

$\frac{2}{3}$  c. plus 2 Tbsp. Crisco  
4 to 5 Tbsp. cold water

Bake at 425° for 40 to 45 minutes.

Combine apples, brown sugar, water, and lemon juice. Cook over medium heat until apples are tender. Mix flour, sugar, and salt and stir into apple mixture. Cook until thickened, 2 minutes. Remove from heat. Stir in vanilla and butter. Pour into prepared, unbaked pie shell, then put on top. Cut in slits. Sprinkle with sugar.

Pastry: Mix flour, salt, and Crisco until crumbly. Add water. Roll out. Put lots of air holes in bottom with a fork.

## BANANA BLUEBERRY PIE

Harriet Hope

1 (8 oz.) pkg. cream cheese,  
softened  
 $\frac{3}{4}$  c. sugar  
2 c. whipped topping,  
thawed

3 medium bananas, chopped  
Baked pastry shell  
Blueberry filling



### Filling:

2 c. frozen or fresh  
blueberries  
½ c. sugar  
¼ c. flour

Pinch of salt  
½ tsp. lemon or orange zest  
1 Tbsp. butter

In mixing bowl, beat cream cheese and sugar until smooth. Fold in whipped topping and bananas. Spread in baked and cooled pastry shell.

Topping: In saucepan, cook blueberries (first), then add rest of ingredients and bring to a soft boil, stirring constantly. Remove from heat and add butter. Pour over cream cheese filling. Refrigerate until slightly thickened.

## NO BAKE PEANUT BUTTER PIE

Laura Leasure

1 (8 oz.) pkg. cream cheese  
1½ c. powdered sugar  
1 c. peanut butter  
1 c. milk

1 (16 oz.) Cool Whip  
2 prepared or store bought  
graham cracker crusts

Beat together cream cheese and powdered sugar. Mix in peanut butter and milk. Beat until smooth. Fold in whipped topping (Cool Whip). Spoon in pie shells. Cover and freeze until firm.

## BROWNIE TRIFLE

Belinda Sunderland

1 (19.8 oz.) pkg. fudge  
brownie mix  
½ c. praline or coffee  
liqueur (optional)  
1 (3.9 oz.) pkg. chocolate  
instant pudding mix

8 (1.4 oz.) toffee-flavored  
candy bars, crushed  
1 (12 oz.) container frozen  
whipped topping, thawed  
Chocolate curls or grated  
chocolate (garnish)

Prepare brownie mix according to package directions. Bake according to package directions in a 13x9x2 inch pan. Prick top of warm brownies at 1 inch intervals with a wooden pick and brush with liqueur, if desired. Cool; crumble into small pieces. Prepare pudding mix according to package directions, omitting chilling procedure. Place half of crumbled brownies in bottom of 3 quart trifle bowl or large bowl; top with half each of pudding, crushed candy bars, and whipped topping. Repeat layers with remaining half of everything. Cover and chill at least 8 hours. Garnish. Yield: 16 to 18 servings.

## PEANUT BUTTER BARS

Rosie Glorso

1 tsp. salt

1¾ c. crushed graham  
crackers

1½ sticks butter, melted

*1 c. Peanut Butter*

2 c. powdered sugar

1 (12 oz.) bag your favorite  
chocolate chips (I love the  
dark chocolate)

Mix all dry ingredients in a large bowl. Pour in the melted butter and mix well. Pat into a 9x12 inch pan. Melt the chocolate chips and spread over the peanut butter mixture. Chill 15 minutes or until chocolate is slightly set (if the chocolate chills completely, it will be difficult to cut). Cut into squares. Refrigerate all leftovers.

## DROP SUGAR COOKIES

Becky Sheffield

½ c. oil

3 eggs

1 tsp. vanilla

2 c. sugar

1 tsp. salt

3½ c. flour

2 tsp. baking powder

1 tsp. baking soda

6 Tbsp. milk

Mix oil and sugar; beat well. Add eggs and vanilla; mix. In separate bowl, mix flour, baking powder, and salt. Gradually add to the mixture and stir well after each addition. Dissolve baking soda in milk. Add to dough and stir well. Drop on greased cooking sheet by teaspoons. Bake at 375°F. for 8 to 12 minutes.

## VERY FUDGY BROWNIES

Vicki Peck

¾ c. cocoa

½ tsp. baking soda

⅓ c. oil

½ c. boiling water

Stir until thick.

Stir in:

2 c. sugar

2 eggs

⅓ c. oil

1⅓ c. flour

1 tsp. vanilla

¼ tsp. salt

Bake at 350° for 35 to 40 minutes.



## **7 LAYER BARS**

**Theresa Bindley**

1 to 1½ c. crushed graham  
crackers  
1 to 1½ c. coconut  
1 to 1½ c. chopped walnuts  
1 (12 oz.) pkg. chocolate  
chips or peanut butter  
chips

1 can Eagle Brand  
condensed milk  
1 cube butter

Using a 9x13 inch baking dish, melt butter and swish around dish to coat bottom and sides. Sprinkle graham cracker crumbs over this, then sprinkle coconut, then chips. Drizzle "Eagle Brand" milk over all, then chopped nuts over all. Bake at 350° for 30 minutes. Cool and cut.

## **DALE'S ORIGINAL HERMITS**

**Dale Kelley**

¾ c. margarine or butter  
1 c. sugar  
1 egg  
¼ c. molasses  
2 tsp. baking soda  
2¼ c. flour

1 tsp. cinnamon  
½ tsp. cloves  
1 tsp. ginger  
1 c. raisins  
¾ c. walnuts, chopped  
2 Tbsp. water

Combine margarine, sugar, egg, and molasses until well mixed. Sift together all dry ingredients. Add water, raisins, and nuts. Flour hands and form into 3 balls. With hands, form 3 "logs" along length of cookie sheet. Press lightly to flatten "logs." Brush tops with mixture of 1 egg yolk and 1 teaspoon water, beaten together. Bake at 375° for 10 to 12 minutes. Cut each "log" into 2 inch pieces.

## **LEMON BARS**

**Vicki Peck**

2 c. flour  
½ c. powdered sugar

1 c. cold butter

Make like pie dough and press into 9x13 inch pan. Bake for 15 to 20 minutes at 350° until golden brown.

Beat together:

4 eggs  
2 c. sugar

¼ c. flour  
½ tsp. baking powder

Stir together dry ingredients and add eggs and ⅓ cup lemon juice. Pour over baked crust and sprinkle 2 cups wild Alaskan blueberries on top. Bake for an additional 20 to 30 minutes at 350°. Sprinkle with powdered sugar before serving.

## PAULINE'S LEMON BARS

Harriet Hope

Crust:

1 c. butter or margarine  
2 c. flour

½ c. powdered sugar

Filling:

1½ c. sugar  
4 Tbsp. flour  
4 eggs

1 tsp. baking powder  
8 to 10 drops of lemon juice

Extra powdered sugar

Crust: Mix butter, flour, and powdered sugar. Press into bottom and sides of 13x9 inch pan. Bake at 350° for 20 minutes or less.

Filling: Mix sugar, flour, eggs, baking powder, and lemon juice. Beat well. Pour filling into crust. Return to oven for 20 more minutes. Sprinkle with powdered sugar. Cut in squares.

## CHEWY CHOCOLATE CHIP OATMEAL COOKIES

Laura Leasure

1 c. butter, softened  
1 c. brown sugar, packed  
½ c. white sugar  
2 eggs  
2 tsp. vanilla  
1¼ c. flour

½ tsp. baking soda  
1 tsp. salt  
3 c. quick oats  
1 c. walnuts, chopped  
1 c. chocolate chips

Preheat oven to 350°. Cream butter and sugars until smooth. Beat in eggs, 1 at a time. Add vanilla. Combine flour, baking soda, and salt. Stir into creamed mixture until just blended. Mix in oats, nuts, and chocolate chips. Drop by heaping spoonful on ungreased cookie sheet. Bake for 12 minutes. Cool on rack. Yield: 3½ dozen.

## RAISIN FILLED COOKIES

Becky Sheffield

Filling:

3 c. raisins  
1 c. boiling water

1 c. brown sugar  
2 Tbsp. flour



**Dough:**

|                           |                             |
|---------------------------|-----------------------------|
| <b>1 c. brown sugar</b>   | <b>2 tsp. baking soda</b>   |
| <b>1 c. sugar</b>         | <b>1 tsp. baking powder</b> |
| <b>1 c. butter</b>        | <b>2 tsp. salt</b>          |
| <b>5 c. flour</b>         | <b>1 tsp. cloves</b>        |
| <b>3 eggs</b>             | <b>1 tsp. cinnamon</b>      |
| <b>2 Tbsp. buttermilk</b> |                             |

Mix filling ingredients together and cook until thick. Cool.

Cream together brown sugar, sugar, and butter. Add eggs and buttermilk and mix well. Mix flour, baking soda, baking powder, salt, cloves, and cinnamon in a separate bowl. Gradually add to the mixture, beating well after each addition. If the dough is not stiff enough, add more flour. Roll the dough thin and cut into round shapes using a biscuit cutter. Place 1 teaspoon of filling in center of cookie. Top with another cut shape. Pinch edges together. Place on greased cookie sheet. Bake at 350°F. for 10 to 15 minutes or until brown.

**WORLD'S BEST PUMPKIN COOKIES Sharon O'Malley**

|                                   |                                |
|-----------------------------------|--------------------------------|
| <b>1 c. sugar</b>                 | <b>1 tsp. baking soda</b>      |
| <b>1 c. canned pumpkin</b>        | <b>1 tsp. cinnamon</b>         |
| <b>½ c. shortening</b>            | <b>¼ tsp. salt</b>             |
| <b>1 Tbsp. grated orange peel</b> | <b>½ c. raisins (optional)</b> |
| <b>2 c. flour</b>                 | <b>½ c. chopped nuts</b>       |
| <b>1 tsp. baking powder</b>       |                                |

Mix dry ingredients, then stir into wet. Put heaping tablespoons onto ungreased cookie sheet and bake at 375° for 8 to 11 minutes. When cookies cool down, spoon glaze over each.

**Glaze:**

|                                 |                          |
|---------------------------------|--------------------------|
| <b>½ c. butter or margarine</b> | <b>1 tsp. vanilla</b>    |
| <b>2 c. powdered sugar</b>      | <b>1 to 2 Tbsp. milk</b> |

Heat butter until brown. Stir in powdered sugar and vanilla. Stir in milk until smooth.

## CONGO SQUARES

Linda Ellsworth

2¾ c. flour  
2½ tsp. baking powder  
½ tsp. salt  
⅔ c. butter or shortening  
1 (1 lb.) box brown sugar

3 eggs  
1 tsp. vanilla (optional)  
1 c. nuts  
1 (6 oz.) pkg. semi-sweet  
chocolate pieces

Sift flour, baking powder, and salt. Melt shortening. Add brown sugar. Mix well and cool slightly. Add eggs, one at a time, beating after each addition. Add vanilla. Add dry ingredients, nuts, and chocolate pieces. Bake at 350° for 25 to 30 minutes in a 10 x 15 x ¾ inch pan. Cut in squares.

If desired, butter can be cut into dry ingredients rather than being melted. Follow remaining mixing procedures. Makes 48 squares.

## BOURBON BALLS

Belinda Sunderland

2 c. crushed vanilla wafers  
(8 oz.)  
1 c. sifted 10X  
(confectioners) sugar  
1 c. chopped walnuts and  
pecans  
2 Tbsp. unsweetened cocoa  
powder

3 Tbsp. light corn syrup or  
honey  
¼ to ⅓ c. bourbon  
10X (confectioners) sugar for  
rolling

Combine crushed vanilla wafers, the 1 cup 10X sugar, nuts, cocoa powder, corn syrup, and bourbon in medium-size bowl; mix until well blended. Mixture should be moist but not soggy. Pinch a walnut-sized piece from mixture and roll firmly between moistened palms of your hands to form a ball. Repeat with remaining mixture. Roll balls in 10X sugar. Store in airtight container in cool, dry place.

## TEXAS RANGER COOKIES

Belinda Sunderland

1 c. shortening  
1 c. white sugar  
1 c. brown sugar  
3 eggs  
2 c. corn flakes  
2 c. oatmeal  
2 c. sifted flour

2 tsp. soda  
1 tsp. baking powder  
½ tsp. salt  
1 c. coconut  
1 tsp. vanilla  
3 Tbsp. evaporated milk



Cream together shortening and white and brown sugars. Add eggs (unbeaten) and blend well. Stir in corn flakes and oats. Gradually add dry ingredients (flour, soda, baking powder, and salt), which have been sifted together. Add coconut and vanilla. Add up to 3 tablespoons evaporated milk to make right consistency, not too dry but moist. Drop by teaspoonful on a lightly greased cookie sheet. Bake at 375°F. for 8 to 10 minutes or until lightly brown.

## **TILLIE'S NO BAKE PEANUT BUTTER COOKIES**

Belinda Sunderland

|                                    |                              |
|------------------------------------|------------------------------|
| <b>2 c. sugar</b>                  | <b>½ c. milk</b>             |
| <b>1 stick butter or margarine</b> | <b>½ c. peanut butter</b>    |
| <b>3 Tbsp. cocoa</b>               | <b>2 to 2½ c. quick oats</b> |

Bring sugar, butter, cocoa, and milk to full rolling boil for one minute. Remove from heat and add peanut butter and oats. Drop by teaspoonful on waxed paper. Cool. Makes 2 dozen cookies. Store in airtight container in cool spot.

## **ULTIMATE CHOCOLATE CHIP COOKIES**

Theresa Bindley

|                                                  |                                               |
|--------------------------------------------------|-----------------------------------------------|
| <b>1½ c. flour</b>                               | <b>1 c. light brown sugar</b>                 |
| <b>1 tsp. baking soda</b>                        | <b>1 tsp. vanilla</b>                         |
| <b>1 tsp. salt</b>                               | <b>2 eggs</b>                                 |
| <b>1 c. butter-flavored vegetable shortening</b> | <b>2 c. old-fashioned oats</b>                |
| <b>½ c. sugar</b>                                | <b>12 oz. pkg. semi-sweet chocolate chips</b> |

Whisk together flour, baking soda, and salt; set aside. Beat together shortening, granulated sugar, brown sugar, and vanilla until creamy. Beat in eggs until light and fluffy. Gradually beat in flour mixture and oats. Stir in chocolate chips. Drop batter by tablespoonfuls onto parchment-lined baking sheets and bake at 350° for 10 to 12 minutes. Makes 52 cookies.

## **FRUIT FLUFF**

Harriet Hope

|                                            |                                                    |
|--------------------------------------------|----------------------------------------------------|
| <b>1 can cherry pie filling</b>            | <b>1 (8 oz.) can crushed pineapple (undrained)</b> |
| <b>1 (14 oz.) can condensed sweet milk</b> | <b>1 container Cool Whip</b>                       |

Can use peach, strawberry, raspberry, or apple pie filling.

In a bowl, combine pie filling, condensed milk, and pineapple. Fold in thawed whipped cream. Spread in ungreased 9x13 inch pan. Cover and freeze 8 hours and remove from freezer 10 to 15 minutes before serving or just chill for a couple of hours, then serve.

## **LEMON LUSH**

**Robin Rosengren**

First Layer:

**1 cube butter or margarine**       **$\frac{3}{4}$  c. crushed walnuts**  
 **$1\frac{1}{4}$  c. flour**

Second Layer:

**1 (8 oz.) cream cheese**      **9 oz. Cool Whip**  
**1 c. sugar**

Third Layer:

**1 large or 2 small pkg. lemon  
pudding**

Fourth Layer:

### **Cool Whip**

First Layer: Mix together ingredients and bake in greased pan for 15 minutes at 350°F. and cool thoroughly.

Second Layer: Cream ingredients, then blend in  $\frac{1}{2}$  of the Cool Whip. Spread evenly on cooled crust.

Third Layer: Spread pudding on top evenly.

Fourth Layer: Spread rest of Cool Whip on top and cool for at least  $\frac{1}{2}$  hour.

## **PINA COLADA FRUIT DIP**

**Harriet Hope**

**8 oz. can crushed pineapple**       **$\frac{3}{4}$  c. milk**  
**(undrained)**       **$\frac{1}{2}$  c. sour cream**  
 **$3\frac{1}{2}$  oz. pkg. instant vanilla  
coconut pie and pudding  
mix**

Combine all ingredients well. Refrigerate several hours. Serve with fresh fruit. Watermelon is especially good.



## **TOSKA CAKE** **(Norwegian dessert)**

Harriet Hope

Cake:

3 eggs  
1 c. sugar  
1 c. flour

1 c. butter or margarine,  
melted

Topping:

½ c. sliced almonds or  
pecans  
½ c. sugar

½ c. butter  
1 Tbsp. flour  
1 Tbsp. milk

Combine eggs and sugar. Beat until fluffy. Stir in flour and melted butter. Mix well. Pour into a greased and floured 10 inch square pan or cast iron frying pan. Bake at 350° for 30 minutes. Spread on topping and broil until golden brown.

Topping: Add all ingredients in a saucepan and heat until near boiling, stirring.

## **PRETZEL SALAD**

Joni Scott

1 c. crushed pretzels  
½ c. sugar  
½ c. butter  
8 oz. cream cheese

8 oz. Cool Whip  
½ c. sugar  
20 oz. crushed pineapple,  
drained

Mix the pretzels, ½ cup sugar, and butter. Bake the pretzel mixture at 400° for 7 to 8 minutes.

Mix soft cream cheese and ½ cup sugar, then add the drained pineapple. Fold in the Cool Whip. Add the pretzel mixture just before serving.

## **PINK STUFF**

B. Sunderland  
in honor of Alice Buse

15 oz. crushed pineapple  
1 large box Jell-O (raspberry  
or strawberry for pink)

16 oz. small curd cottage  
cheese  
9 oz. Cool Whip

Heat jello until dissolved. Freeze to cool. Add pineapple, cottage cheese, and Cool Whip. Pour into 9x13 inch pan. Completely chill in refrigerator.

## UNALASKA BLUEBERRY CREAM

Dale Kelley

**1/4 c. cornstarch**

**1/2 c. water**

**1/2 c. sugar**

**3 c. blueberries**

Combine ingredients. Cook until thickens.

**1 box graham cracker  
crumbs**

**1 1/2 sticks butter, melted**

Combine crumbs and melted butter. Press in 9x13 inch pan.

**1 (8 oz.) pkg. cream cheese**

Mash cream cheese until soft. Beat in sugar and vanilla.

**1 1/2 c. sugar**

**1 pkg. Dream Whip**

**2 tsp. vanilla**

Prepare one package Dream Whip and fold into cream mixture. Spread half of cream cheese mixture over the crackers. Spread berry sauce over the cream cheese mixture. Next, spread remaining cheese mixture over berry sauce and top with cracker crumbs. Chill overnight. Serves 20.

## WHITE CHOCOLATE BREAD PUDDING

From the Grand Aleutian Hotel  
Dutch Harbor, AK

**2 loaves sourdough bread**

**2 c. sugar**

**4 c. milk**

**8 oz. chocolate**

**4 c. heavy cream**

**8 oz. white chocolate**

Cube sourdough bread. Dissolve sugar in 4 cups of milk and 4 cups of heavy cream. Add melted chocolate. Mix. Add bread cubes; combine. Add melted white chocolate and combine until just marbled throughout. Bake for 50 minutes at 350°.

Bananas Foster Topping:

**1/2 lb. unsalted butter**

**1 oz. banana liqueur**

**2 c. brown sugar**

**3 oz. light rum**

**2 tsp. cinnamon**

**2 bananas, sliced**

**1/2 tsp. nutmeg**

Dump all ingredients into preheated pan. Melt together. Simmer for a few minutes. Add banana liqueur and then rum. In the cooking show, when the rum was added, the whole thing went up in flames, so be careful. Burn off remaining alcohol. Remove from heat. Add bananas. Serve over bread pudding with vanilla ice cream.



## GREENWOOD'S GINGERED APPLE CRISP

Erin Enlow

Topping:

1¼ c. all-purpose flour  
¾ c. sugar  
¾ c. firmly packed brown  
sugar  
½ c. finely chopped  
crystallized ginger (about  
2 oz.)

¾ c. (1½ sticks) chilled,  
unsalted butter, cut into  
pieces

Apples:

4½ lb. tart green apples  
(such as Granny Smith;  
about 12 medium), peeled,  
cored, and sliced

½ c. sugar  
2 Tbsp. fresh lemon juice

Vanilla ice cream or  
whipped cream

For Topping: Combine first 4 ingredients in processor. Add butter and blend in, using on/off turns, until mixture begins to form small moist clumps. (Can be prepared 1 day ahead. Cover and chill.)

For Apples: Preheat oven to 375°F. Place apples in bowl. Add sugar and lemon juice and toss to coat. Transfer apple mixture to 13x9x2 inch glass baking dish. Press to compact apples. Sprinkle topping over apples. Bake until apples are tender and topping browns, about 45 minutes. Serve warm or at room temperature with vanilla ice cream or whipped cream. Makes 12 servings.



# *Miscellaneous*





## TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

| TYPE OF CANDY      | DEGREES    | COLD WATER  |
|--------------------|------------|-------------|
| Fondant, Fudge     | 234 - 238° | Soft Ball   |
| Divinity, Caramels | 245 - 248° | Firm Ball   |
| Taffy              | 265 - 270° | Hard Ball   |
| Butterscotch       | 275 - 280° | Light Crack |
| Peanut Brittle     | 285 - 290° | Hard Crack  |
| Caramelized Sugar  | 310 - 321° | Caramelized |

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the **SOFT BALL TEST** the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the **FIRM BALL TEST** the candy will roll into a firm, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the **HARD BALL TEST** the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the **LIGHT CRACK TEST** the candy will form brittle threads which will soften on removal from the water.

In the **HARD CRACK TEST** the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In **CARAMELIZING** the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

## MISCELLANEOUS

### DAD'S HOT FUDGE SAUCE

Shirley Marquardt

2 oz. unsweetened chocolate  
1 Tbsp. butter  
1/3 c. boiling water

1 c. sugar  
2 Tbsp. white corn syrup  
1 tsp. vanilla

Melt chocolate in double boiler over hot water. Add butter, melt, and blend. Add boiling water, stir well, and add sugar and syrup. Let sauce boil "gently" over direct heat 8 minutes only. "Do not stir." Add vanilla and serve hot over good vanilla ice cream with toasted almonds. Sauce will harden and become chewy!

### PEANUT BUTTER FUDGE

Dory Orr

6 c. sugar  
1 (13 oz.) can evaporated  
milk

1 1/2 sticks oleo or margarine  
2 tsp. vanilla  
2 1/2 c. peanut butter

Either:

2 1/2 pkg. mini marshmallows  
or 1 large jar (3 small jars)  
marshmallow creme

Measure out peanut butter and marshmallows or creme into large stainless bowl. Melt oleo in skillet, add sugar, and gradually stir in milk. Bring to a rolling boil and boil for 5 minutes, stirring constantly. Remove from heat. Add vanilla and immediately pour mixture over peanut butter and marshmallows. Stir well and pour into buttered cake pans. Cool completely to room temperature and then refrigerate before cutting. One batch will make a 9x9 inch and a 9x13 inch cake pan.

### PIE CRUST

Carolyn Eckman

1 1/2 c. flour  
1/2 tsp. salt  
1/2 c. Crisco (may use small  
amount butter)

3 Tbsp. cold water

Mix flour and salt. Set aside 1/4 cup of this mixture in a bowl. Add water and let set. Add Crisco to flour and salt mixture and cut in. Add 1/4 cup mixture. Roll thin. Makes 2 crusts.



## TARTAR SAUCE

Richard Peck

$\frac{1}{3}$  c. finely minced celery  
 $\frac{1}{3}$  c. finely minced onion  
2 c. mayonnaise (homemade  
or commercial)  
2 Tbsp. lemon juice

1 tsp. Worcestershire sauce  
Pinch of salt  
Pinch of dry mustard  
Pinch of pepper  
2 Tbsp. dill pickle relish

Combine all ingredients and mix well. Serve with Alaskan halibut or salmon. Makes approximately 3 cups.

## CRAB LOUIE SAUCE

Maria Turnpaugh

1 c. mayo  
 $\frac{1}{4}$  c. heavy cream  
 $\frac{1}{4}$  c. chili sauce  
 $\frac{1}{4}$  c. green onions

$\frac{1}{4}$  c. green bell pepper  
1 tsp. Worcestershire  
2 Tbsp. lemon juice

## CREOLE SAUCE

Chef Chris Starkenberg

$1\frac{1}{2}$  c. mayonnaise  
 $\frac{3}{4}$  c. ketchup  
2 Tbsp. blackened seasoning  
or blackfish spice  
1 Tbsp. Tabasco or favorite  
hot sauce

1 tsp. chopped garlic  
2 Tbsp. stone ground  
mustard (Dijon)

Mix well in a bowl and keep refrigerated. Will last weeks in the refrigerator.

## SWEET CHILI PLUM SAUCE

Chef Chris Starkenberg

1 c. sweet chili sauce  
 $2\frac{1}{2}$  large Tbsp. plum  
preserves

$1\frac{1}{2}$  tsp. rice wine vinegar  
 $\frac{1}{4}$  tsp. crushed red chili

Put all ingredients in saucepan and warm on low heat.

## **CIOPPINO SAUCE**

**Chris Starkenberg**  
Chef, Gryfalcon, Tugboat

- ¼ c. olive oil**
- ¼ c. chopped shallots**
- 2 c. onions (1 large yellow)**
- ¼ c. chopped garlic (about 6 to 8 cloves)**
- ⅓ c. chopped parsley**
- 1 tsp. crushed red chilis**
- 1½ Tbsp. whole fennel seeds**
- ¼ c. marjoram (whole)**
- ¼ c. oregano (dried whole)**
- ⅓ c. chopped fresh basil**
- 1 tsp. coarse ground pepper**
- 2 qt. cans plum tomatoes (good quality or diced tomato will work)**

- 1 (10 to 12 oz.) can tomato paste**
- 1½ c. white wine (Chardonnay or dry white)**
- 1 c. Merlot wine**
- 4 oz. clam base paste form or 2 (8 oz.) bottles clam juice (reduce water by this amount)**
- ½ gal. hot water**
- Lemon peel from 1 lemon**
- Orange peel from 1 orange**

In large stainless steel pot on medium heat, add olive oil and onions. Simmer for about 5 minutes, then add garlic, shallots, and spices. Simmer for another 5 minutes and add all remaining ingredients and simmer for 1 hour on low heat. Remove lemon and orange peel and cool. Before using the sauce, take a hand mixer and break down tomatoes by half. I like to leave some of the chunks of tomatoes in my sauce. You can do this by hand as well. Yields about 1¼ gallons.

## **SOFRITO**

**Rosie Glorso**

- 1 bunch fresh cilantro leaves (also known as coriander leaves), chopped**
- 4 aijes dulces (small, hot-sweet peppers), seeded and chopped (you can find these at international markets or in the produce section)**
- 1 to 2 large bell peppers (sweet; use your favorite color; green, red, yellow, or orange), seeded and chopped**
- 1 to 3 fresh hot peppers (you can use jalapeno, Anaheim, Scotch bonnet, or whatever you like), seeded and chopped**
- 2 heads garlic, peeled and chopped**
- 2 Tbsp. fresh ginger (optional)**
- 1 tsp. cumin (optional)**
- 1 to 5 Tbsp. olive oil**
- Salt and pepper to taste**



I like to freeze sofrito in ice cube trays, then pop out the frozen cubes and store them in heavy-duty Ziploc freezer bags. You can take out a cube whenever you need to add chili heat and flavor to a dish such as soup, sauces, curries, dips, or whatever.

The easiest way to make sofrito is with a food processor or blender. If you are making it by hand, you'll have to mince everything and use a mortar and pestle to crush everything together.

Blend all the ingredients in a food processor blender, adding additional olive oil/or water as necessary to blend into a smooth paste. Many families make this weekly and use it fresh but I like to freeze mine because it keeps for several months that way.

## **CAESAR DRESSING**

Kay Jones

**¾ c. oil**  
**¼ tsp. pepper**  
**1 can anchovies or ⅓ tube**  
**anchovy paste**  
**1 clove garlic**

**1 small onion (½ golf ball**  
**size)**  
**⅛ c. mustard or less**  
**1 egg**

Combine onion, mustard, garlic, anchovies, and ¼ cup oil in blender. (Will be thick; do not let go thin.) Put in egg. Pour in remaining ingredient and mix 15 seconds more.

## **BLACK FISH SEASONING**

Chris Starkenberg  
Chef, Gryfalcon, Tug

**3 Tbsp. sweet paprika**  
**2 to 3 tsp. kosher salt or salt**  
**substitute**  
**1½ tsp. onion powder**  
**2 tsp. granulated garlic (not**  
**garlic salt)**  
**1½ tsp. cayenne pepper**  
**½ tsp. crushed red chili**  
**peppers**

**1½ tsp. chili powder**  
**1 tsp. ground white pepper**  
**1 tsp. ground black pepper**  
**1½ tsp. whole thyme**  
**1½ tsp. whole oregano leaves**  
**(rub between hands)**  
**2½ tsp. dried parsley (rub**  
**between hands)**

Combine all ingredients in mixing bowl. You can mix by hand or with electric mixer until blended.

Larger Batch:

- 1 c. sweet paprika
- ¼ c. kosher salt or no salt substitute
- ¼ c. granulated garlic
- 1½ Tbsp. cayenne pepper (add more to make it hotter)
- 1 Tbsp. crushed red chili peppers
- 3 Tbsp. chili powder

- 1½ Tbsp. ground white pepper
- 1½ Tbsp. ground black pepper
- ¼ c. whole thyme
- ¼ c. whole oregano (rub between hands)
- ¼ c. dried parsley (rub between hands)

### AIOLI SAUCE

Chef Chris Starkenberg  
Gryfalcon Tug

- 2 cloves fresh garlic
- 2 egg yolks (or pasteurized yolks)
- ¼ to 1½ c. olive oil
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. rice wine vinegar

- Pinch of tarragon
- 1 tsp. kosher salt
- Fresh ground pepper to taste
- 3 to 4 Tbsp. water (to thin to desired consistency)

In an electric blender, put egg yolks, garlic, and tarragon. On medium-high speed, drizzle olive oil until it is blended smooth like mayonnaise, then add the rest of your ingredients and add water to your desired consistency. Refrigerate and only keep for 2 to 3 days.

### POTATO SALAD DRESSING

Becky Sheffield

- 1 Tbsp. flour
- 6 Tbsp. sugar
- 2 Tbsp. butter
- 2 c. water
- Salt

- Pepper
- Celery seed
- Cider vinegar
- 1 egg

Melt butter in saucepan. Mix together flour, sugar, egg, and water. Add salt, pepper, celery seed, and vinegar to taste. Cook mixture until slightly thick. Cool. Use for a dressing for potato salad.

### CRANBERRY-ORANGE RELISH

Belinda Sunderland

- 2 medium oranges
- 4 c. fresh cranberries
- 2 c. sugar

- ¼ c. finely chopped walnuts
- 2 slices jalapeno pepper

Peel the oranges. Put everything in food processor and process until finely chopped. Chill for several hours. Makes about 3½ cups.



## **OUR FAVORITE BATTER FOR UNALASKA HALIBUT AND VEGETABLES**

**The Border Family**

**1 c. all-purpose flour  
1 tsp. baking powder  
¼ tsp. sea salt  
1 large egg**

**2 Tbsp. olive oil  
⅔ c. water  
Peanut oil for deep-frying**

Sift the flour with the baking powder and salt in a small bowl. Beat in the egg, then 1 tablespoon olive oil and finally the water. Beat until smooth. Let the batter sit for 20 minutes before using it.

Pour 2 to 3 inches of oil into a wok or frying pan and heat on medium-high heat. The oil is ready when a cube of bread browns immediately. Dip the fish or sliced vegetables (eggplant is one of our favorites) and deep-fry in small batches, turning them until they are golden all over. Remove the slices with a slotted spoon and drain them on paper towels. Keep the first batches warm in a 200° oven while cooking the remainder. Serve hot on a warm plate.

## **DIJON CREAM SAUCE**

**Chef Chris Starkenberg  
Gryfalcon Tugboat**

**1 c. heavy whipping cream  
1 tsp. Dijon mustard  
1 Tbsp. diced green onion**

**Pinch of fresh ground  
pepper to taste**

In nonstick saucepan over medium heat, add cream and bring to a simmer. After the cream has reduced, add green onions, Dijon, and cracked black pepper.

## **CRAB VELOUTE SAUCE**

**Chris Starkenberg**

**4 oz. (1 cube) butter  
¾ c. flour  
2 c. crab juice (clam juice/  
crab juice combined)**

**¼ c. half & half cream (or  
until desired consistency)  
1 pinch of white pepper  
3 drops of Tabasco sauce**

On low heat, melt butter in heavy, thick bottom saucepan. Add flour. Stir on low heat for 12 minutes. Do not let the roux brown. Add the crab juice, stir until smooth, and slowly add half & half cream. You are looking for a consistency that is a little thinner than mayonnaise. You can thin with more half & half cream to make a nice seafood sauce for crepes or a side sauce.

## ERIN'S BBQ PROCESS

Erin Enlow

### Part 1 - Soak:

- |                                |                                 |
|--------------------------------|---------------------------------|
| <b>10 c. water</b>             | <b>1 Tbsp. coarse salt</b>      |
| <b>2 c. packed brown sugar</b> | <b>3 to 4 lb. chicken parts</b> |

Mix water, sugar, and salt and soak chicken in mixture at least for 12 hours.

### Part 2 - Dry Rub:

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| <b>¾ c. packed golden brown sugar</b> | <b>2½ Tbsp. ground black pepper</b> |
| <b>½ c. paprika</b>                   | <b>1 Tbsp. onion powder</b>         |
| <b>2½ Tbsp. coarse salt</b>           | <b>½ tsp. cayenne pepper</b>        |

Mix all together and rub over chicken on both sides. (This is my rib rub too and is awesome on salmon!)

Part 3 - Cooking: Preheat oven to 300°. Place chicken in pan, skin side up, and cook for 2 hours. Put favorite barbecue sauce on (I prefer the Jack Daniel's Tennessee hickory flavor) and bake for another 30 or so minutes.

## CANDIED NUTS

Kay Jones

- |                               |                                                 |
|-------------------------------|-------------------------------------------------|
| <b>1 egg white</b>            | <b>1 lb. nuts (walnuts or pecans work best)</b> |
| <b>1 c. sugar</b>             | <b>¼ tsp. salt</b>                              |
| <b>1 Tbsp. water</b>          |                                                 |
| <b>2 tsp. ground cinnamon</b> |                                                 |

Preheat oven to 225°. Beat egg white and water with mixer until frothy but not stiff. Stir in sugar, cinnamon, and salt. Stir until blended. Add nuts. Stir till thoroughly coated. Spread on baking sheet. Bake for 45 minutes, stirring every 15 minutes. Remove from oven. Cool completely.

## DEEP FRIED DANDELION BLOSSOMS

Dale Kelley

- |                                                                                 |                                                 |
|---------------------------------------------------------------------------------|-------------------------------------------------|
| <b>Packaged tempura batter mix (add dash of ground pepper and onion powder)</b> | <b>Deep cooking oil (like in a "Fry Daddy")</b> |
| <b>Fresh picked blossoms (preferably "young ones")</b>                          |                                                 |



Dip blossoms in tempura batter; shake off excess. Drop into hot oil. Fry until crisp and brown. Don't overcook. Drain on paper towels. Serve as appetizer or side dish.

## **STIR-FRIED DANDELION GREENS**

**Dale Kelley**

Pick and wash fresh, young greens, about a handful per serving. Fry two slices of bacon per serving until crisp. Drain half of fat off and when hot again, drop in greens and stir quickly until soft. Arrange in bowl and top with crumbled bacon. A dash of vinegar and chopped hard-boiled egg can be added to bowl and tossed.

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